



## Family Values

## Part 2: Navigating Conflict Strategically



In the **Family Values** series, we learn that a healthy family is not one that avoids conflict, but one that learns to face it with wisdom, understanding that how we handle conflict can either strengthen or weaken our relationships. The message **“Navigating Conflict Strategically”** shows us that many times we lose important battles because we are fighting the wrong person, when God calls us to recognize that the real battle is not against those we love, but against forces that seek to divide our families.

In **Ephesians 6:11–12**, Paul teaches us that although conflicts show up between people, their root is often spiritual, as the devil uses attitudes like anger, pride, and unforgiveness to weaken us – especially within the family. When we lose this perspective, we treat those we love as the enemy and lose the right battle. God calls us instead to put on His armor and respond with truth, righteousness, and peace in order to protect and strengthen our relationships.

**Put on all of God’s armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.**

**Ephesians 6:11–12 (NLT)**



1. Why do you think it’s so easy to see people as the enemy in the middle of conflict?
2. How would the way we react change if we remembered that our struggle is not against “flesh and blood”?

3. Read **Colossians 3:12b–13**: “...you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.” What attitudes does this passage mention that help us navigate conflict in the right way?
4. Which of these attitudes do you find most difficult to practice in your family?

**If you fight the wrong person, you lose the right battle.**

## **MAKE IT PRACTICAL**

Decide today to fight strategically:

- **Resolve conflict quickly.** This week, identify an unresolved conflict and take the first step to talk about it calmly and respectfully, choosing a specific time to talk rather than addressing it in the middle of anger.
- **Have difficult conversations on time.** Pray before a difficult conversation and ask for wisdom, choosing to listen in order to understand and not just to respond.
- **Forgive quickly and often.** Remember how much God has forgiven you and choose to forgive, even when you don’t feel like it, declaring forgiveness in prayer and consciously letting go of the offense.

## **PRAYER**

“Lord, today we recognize that many times we have fought the wrong battles. Forgive us for allowing anger, pride, and unforgiveness to damage our relationships. Help us see conflict through Your eyes, put on Your armor, and respond with love, humility, and wisdom. Strengthen our families and teach us to navigate conflict strategically, honoring You in everything. Amen.”

## **TIPS**

- Not every conflict needs to be won, but every conflict needs to be **handled with wisdom**.
- Before responding, ask yourself: *Am I fighting the person or the real problem?*
- Strong families don’t avoid conflict; they **learn to resolve it with Christ at the center**.



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