

THE Big 3

EPISODE: 179

TITLE: Why Conflict is Not All Bad. How to Resolve It When It Is

When engaging in conflict in relationships, things usually run counter-intuitive to our inherent emotional state. Therefore, human nature is to squash the conflict that is most apparent... and helpful.

Here are 3 things to believe and consider when thinking about resolving conflict...

1. **Start by determining if the conflict you are experiencing is good or bad.** Bad conflict is usually typified by ongoing and unresolved issues of confusion, role identity, communication, or imbalances of powers and duties. But the good and beneficial type of conflict will be current, collaborative people with different opinions or desires working toward a common ground and solution. This is good stuff!
2. **God has created conflict in relationships as a way of restoring us.** When Jesus came as our God taking on flesh among his humanity, he was entering into conflict. Jesus took our sin and conflict upon himself, and it died and was buried, never to be seen again. And then he arose to new, eternal life. We can now have that life—free of conflict and enjoying close relationships too! That's living on Earth as it is in Heaven.
3. **When entering into conflict, be open to dialog, honesty, and acceptance of others' ideas and perspectives.** Remember that your identity is not being attacked; an issue or difference of opinion is being resolved... That's a good thing!

For older, unresolved conflicts that have damaged relationships, start from a place of humility and own whatever part of the issue you can. Seek to forgive the other person or parties and then seek their forgiveness as well *before* trying to resolve the issue that brought about the conflict.

In light of today's topics, you might find these posts and videos helpful:

- [7 Reasons Why Gossip is Poison. And 3 Ways to Stop It](#)
- [How to Move From Forgiveness to Reconciliation](#)

Thanks for listening... we'll see you in the next episode!

Caesar & Heath

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