

HOW TO HAVE A HARD CONVERSATION

PRAY

1. Submit your heart to the Father's

"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting" (Psalm 139:23-24).

2. Be honest about your feelings

Don't pretend you aren't hurt or angry: tell the Father of your hurt, anger or bitterness. Surrender them to Him; remember that just because you feel a certain way doesn't make you right; and allow Him to absorb the negative emotions and replace them with peace, gentleness, and kindness.

3. Practice forgiveness

The world would teach us that we first process a misunderstanding, then forgive. This is not the way the Kingdom works! We are called to forgive as God forgave us: before the apology. This frees us from self-focus and helps us speak in a way that emphasizes what is best for the other person, knowing we are loved and protected by a Father who loves us deeply.

4. Ask for wisdom and discernment

Seek for what the LORD would have you bring up for the person's good or for the good of the relationship, and let go of whatever He's not prompting you to talk about.



PLAN

1. Decide on when, where, and how you want to talk to the person

This protects you from word-vomiting your issue. It helps you clarify what you want to say, remember what you want to leave out, and provides an opportunity to speak when emotions are not heated so the issue can be clearly discussed.

2. TIP: Ask them when a good time to talk about the issue is

This way the conversation can be more on "neutral" grounds and they can have the opportunity to pray and prepare their heart, too.



TALK TO

1. Remember The Relational Covenant

Stand Shoulder-to-Shoulder, Believe the Best, and Talk to, Not About

2. Enter the conversation with humility

Consider Ephesians 4:1-6

3. Begin the conversation with prayer

Invite the Holy Spirit to lead, placing Him in authority over the situation

4. Use "I" statements as much as possible

You can begin by stating: "When you said/did __ it made me feel __. In the future, I would request you not __, but rather please do __."

5. Provide time to process

Allow time for the other person to state their feelings or even rationale. Remember that your perspective isn't the only perspective, and just because you feel a certain way doesn't make you right and the other person wrong.

6. Come to a conclusion

This is a very important step. Come to a place of mutual agreement on the issue and a plan for a way forward. This is the actual piece of reconciliation and movement toward unity in the faith.

7. Continue in The Relational Covenant

Even if can't come to an agreement, you can disagree and still continue to respect each other and love each other as Christ selflessly loves and serves the church.

8. Persevere in prayer

Ask the Lord to continue to bring you into unity with your brother/sister in Christ. Make a plan for how you will continue to grow in the areas of humility, honesty, and reconciliation.



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(Bible Quick Reference)

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1. Submit your heart to the Father's

Psalm 139:23-24

Psalm 143:10

Romans 12:3

2. Be honest about your feelings

Psalm 139:1-10

Psalm 103

Hebrews 12: 14-15

3. Practice forgiveness

Luke 17: 3-4

Luke 6:37

Matthew 6:12

Matthew 18:21-22

Colossians 3:12-17

4. Ask for wisdom and discernment

James 1:5

Romans 12:2

Psalm 86:11-13

PLAN

1. Decide on when, where, and how you want to talk to the person

Matthew 5:23-26

Matthew 18:15-17

Ephesians 4:29-32

Romans 5:10

2. TIP: Ask them when a good time to talk about the issue is

Luke 6:31

Romans 12:3

Ephesians 4:2-3



TALK TO

1. Remember The Relational Covenant

Matthew 5:9

2 Corinthians 5:18-21

2. Enter the conversation with humility

Luke 6:27-31,36-38

Ephesians 4:1-6

3. Begin the conversation with prayer

Philippians 4:6

Matthew 26:41

Mark 11:25

4. Use "I" statements as much as possible

Luke 6:37-38

5. Provide time to process

James 1:19-20

Luke 17:3

6. Come to a conclusion

1 Thessalonians 5:14-18

Acts 3:19

Ephesians 4:2-3

7. Continue in The Relational Covenant

1 Thessalonians 5:9-11

Hebrews 12:1-3

1 Corinthians 12:14-21

8. Persevere in prayer

Matthew 5:44-48

Colossians 4:3

Ephesians 6:18-20

