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## Confronting The Turkeys @ Your Table

(How to find the courage to confront)

(SERIES: **Mastering The Art Of The Fresh Start: 07 of 08**)  
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"**IN YOUR ANGER DO NOT SIN**': Do not let the sun go down while you are still angry, and do not give the devil a foothold. He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need. Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. **BE KIND AND COMPASSIONATE TO ONE ANOTHER, FORGIVING EACH OTHER, JUST AS IN CHRIST GOD FORGAVE YOU.**" (Eph 4:26-32)

Where conflict is avoided . . .

Growth **slows**.

Stagnation **pollutes**.

Trust **declines**.

Words **lose their meaning**.

People **drift apart**.

*"It is virtually impossible for two deeply wounded people to be close without conflict."*

### 3 Avoidance Approaches

The silent treatment (ignoring **the problem**)

The inner dialogue (ignoring **the person**)

The macho mentality (ignoring **the pain**)

### The 8 Rules Of Fair Fighting

"Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift." (Mat 5:23-24 NIV)

**Concentrate** before you **speak**.

*"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, . . ." (Eph 4:29)*

*"Some people like to make cutting remarks, but the words of the wise soothe and heal." . . . Anxious hearts are very heavy, but a word of encouragement does wonders!" (Prov 12:18-25 TLB)*

**Operate** out of a **grace** model.

*". . . that it may benefit those who listen." (Eph 4:29)*

*"And we labor, working with our own hands. Being reviled, we bless; being persecuted, we endure it; . . . Being defamed, we entreat. . ." (1 Cor 4:12-13)*

**Never** allow your **emotions** to rule your **tongue**.

*"And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption." (Eph 4:30)*

*"A wise man holds his tongue. Only a fool blurts out everything he knows; that only leads to sorrow and trouble." (Prov 10:14 TLB)*

**Find** the God **factor** in this **relationship**.

*"But as for you, you meant evil against me; but God meant it for good, in order to bring it about as it is this day, to save many people alive." (Gen 50:20)*

**Release** past **debts**.

*"Get rid of all bitterness, rage and anger," (Eph 4:31)*

**Open** up a dialogue of **understanding**.

*". . . brawling and slander, along with every form of malice." (Eph 4:31)*

*"My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires." (James 1:19-20 NIV)*

**Negotiate** win/win or no **deal** always.

*"Be kind and compassionate to one another, . . ." (Eph 4:32)*

**Target** your efforts at a **redemptive goal**.

*". . . forgiving each other, just as in Christ God forgave you." (Eph 4:32)*

*"A man's wisdom gives him patience; it is to his glory to overlook an offense." (Prov 19:11)*

*"An anxious heart weighs a man down, but a kind word cheers him up." (Prov 12:25)*