

## Taking the Fear Out of Confrontation

*(The 8 commitments of casualty-free confrontation)*

**(SERIES: Accept No Mediocre Marriage; 07 of 10)**  
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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. 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)

### The 8 Commitments of Casualty-free Confrontation

#### **I always concentrate on the goal.**

"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)

"Reckless words pierce like a sword, but the tongue of the wise brings healing." (Prov 12:18)

#### **I always 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)

#### **I always never lose emotional control.**

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

#### **I always focus on the big picture.**

"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)

#### **I always release resentments.**

"Get rid of all bitterness, rage and anger,"

#### **I always open up my true feelings.**

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

#### **I always negotiate W.W.O.N.D.A..**

"Be kind and compassionate to one another, . . ."

#### **I always take the high road.**

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

"Be ye therefore merciful, as your Father also is merciful. Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven: Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again." (Luke 6:36-38 KJV)