

Between You & Me

Conflict Resolution | Week 5

Hayden | Feb 5th and Feb 8th 2026 | Gabe Cleave



Why Conflict Matters

- God is relational — He created us for relationship.
- Conflict is inevitable in every relationship.
- The goal is not to avoid conflict, but to walk through it well.

Intimacy usually doesn't die from conflict — it dies from neglect.

The Top 5 Relationship Killers

1. Distraction & Digital Overload

We're near each other but not truly present. Attention is one of the most stolen resources of our time.

2. Unrealistic Expectations

Expectation without communication breeds disappointment, resentment, and quiet bitterness.

3. Poor Communication / Conflict Avoidance

Avoiding hard conversations or exploding emotionally both damage relationships.

4. Emotional Immaturity

Defensiveness, blame, and reactivity sabotage relationships.

5. Busyness & Competing Priorities

Relationships drift toward distance unless protected on purpose.

Which of these most threatens your relationships right now?

A Biblical Lens on Conflict

- Maturing believers should experience less conflict, because:
- We are called to be peacemakers (Matt. 5:9)
- We are called to love deeply (1 Pet. 4:8)
- We are called to overlook offenses (Prov. 19:11)
- We are called to accept being wronged (1 Cor. 6:7)
- We are called to forgive (1 Cor. 13:4–7)
- We are called to avoid foolish arguments (2 Tim. 2:23–26)
- We are called to live by the Spirit (Gal. 5:22–26)

Which calling do you need to lean into right now?

Understanding Levels of Conflict

Not all conflict is the same — wisdom matters.

- Legal / Dangerous: abuse, threats, situations requiring authorities
- Preferential: opinions, styles, personal preferences (unity matters more than preference)
- Personal Hurt: reconciliation is required (Matt. 5:23–24)
- Moral / Sin: loving confrontation and forgiveness (Luke 17:3–4)

If someone refuses to listen: follow the process of Matthew 18:15–17.

What kind of conflict are you currently facing?

Courage to Go

- Whether you were hurt or caused hurt — your responsibility is still to go.
- Addressing conflict takes courage.

“The Lord is for me, so I will have no fear.” — Psalm 118:6

Who do you need to go to?

Practical Steps for Healthy Conflict

1. Pray First — Ask God to guard your words (Ps. 141:3)
2. Remember the Enemy Is Not the Person (Eph. 6:12)
3. Speak Truth in Love — Gentleness diffuses anger (Eph. 4:15; Prov. 15:1)

We want justice when we’re wronged, but grace when we’re the one who messed up.

The Gospel Connection

Conflict resolution is about **restoring relationship** — exactly what God did for us.

- All have sinned (Rom. 3:23)
- Sin leads to death (Rom. 6:23)
- Christ died for us while we were sinners (Rom. 5:8)
- Nothing separates us from God’s love (Rom. 8:38–39)

God reconciled us to Himself through Christ and gave us the ministry of reconciliation. (2 Cor. 5:17–21)

How does the gospel shape how you’ll handle conflict this week?

Final Thought

Healthy conflict isn't about winning — it's about **restoration, maturity, and reflecting Jesus.**

