

turned out the light at night with anger smouldering in our hearts? Oh, we probably intend to resolve the conflict eventually, but not now. *Let the other person suffer awhile in silence*, we think. But if we dealt with heartbroken survivors as often as Mr. Lynch, it would change the way we think and act.

"Do not let the sun go down on your wrath, nor give place to the devil," the Bible counsels (Eph. 4:26-27). "Be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you" (v.32). The issue is not what others have done to us, but what Christ has done for us.

There's no better time than right now to apologise or offer forgiveness, and to restore a priceless relationship. The undertaker knows. --DCM

PUTTING IT INTO PRACTICE

What keeps me from taking care of my anger immediately? What do I do when another person does not respond to attempts at reconciliation? See Romans 12:17-21.

Be slow to anger and quick to repent.



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Please feel free to contact the Pastor for any needs you may have, queries, or questions about our church family.

Central Mountains Baptist Church

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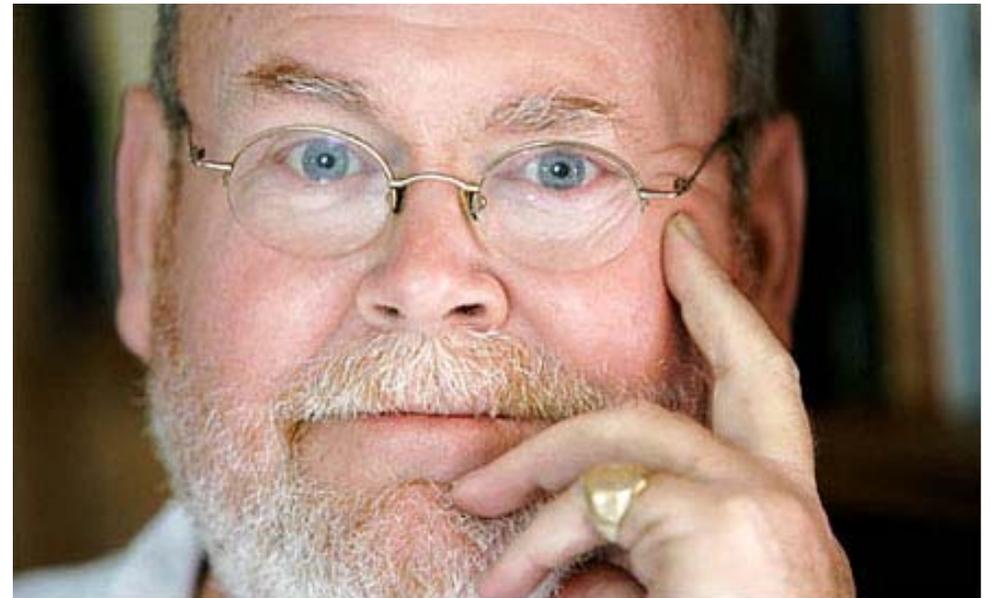
A Word From The Undertaker

Do not let the sun go down on your wrath. --Ephesians 4:26

In Thomas Lynch's .. book *The Undertaking: Life Studies From The Dismal Trade*, he reflects on his work as a funeral director in a small country town. In 25 years, he has overseen some 5,000 burials. How has it shaped his thinking?

"It tends to make me want to resolve conflicts a little quicker," Mr. Lynch says, "because I've seen people go off to work who don't come home."

How many times have we huffed out of the house in the morning or





Drawing Close

Communication in Conflict

James 3:2-12

The Bible teaches two grand principles of communication especially in conflict:

- 1. _____ actively,
- ◆ **Approach** _____, Ephesians 4:1-2

(Galatians 6:1) "Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted."

(1 Corinthians 4:21) "What do you want?

Shall I come to you with a rod, or in love and a spirit of gentleness?"

(2 Corinthians 10:1) "Now I, Paul, myself am pleading with you by the meekness and gentleness of Christ; .."



(2 Timothy 2:24-25) "And a servant of the Lord must not quarrel but be gentle to all, able to teach, patient, {25} in humility correcting those who are in opposition, if God perhaps will grant them repentance, so that they may know the truth,"

- ◆ **Try to** _____, James 1:19
- (Proverbs 18:13) "He who answers a matter before he hears it, It is folly and shame to him."

- ◆ _____ **their heart,**
- (Proverbs 20:5) "Counsel in the heart of man is like deep water, But a man of understanding will draw it out."



2. Respond _____, Ephesians 4:15, 29-32, 26

- ◆ _____ up,
- ◆ **Speak** _____,
- ◆ **Speak** _____ truthfully AND _____,
- Being conscious of my** _____, James 1:19-20

(Proverbs 15:1) "A soft answer turns away wrath, But a harsh word stirs up anger."

(Proverbs 15:18) "A wrathful man stirs up strife, But he who is slow to anger allays contention."

(Proverbs 29:22) "An angry man stirs up strife, And a furious man abounds in transgression."

Being conscious of my _____,

(Proverbs 15:23) "A man has joy by the answer of his mouth, And a word spoken in due season, how good it is!"

Being conscious of my _____, Ephesians 4:32

(Proverbs 25:11) "A word fitly spoken is like apples of gold In settings of silver."
(Proverbs 25:11) "A word aptly spoken is like apples of gold in settings of silver." [paraphrase]
(Proverbs 15:28) "The heart of the righteous studies how to answer, But the mouth of the wicked pours forth evil."

