

Chapter 1 Summary and Reflection



In order to experience peaceful and harmonious relationships, we need to remember that victory over conflict and strife requires us to engage in a spiritual battle. Ephesians 6:12 says, “We are not wrestling with flesh and blood [contending only with physical opponents], but against the despotisms, against the powers, against [the master spirits who are] the world rulers of this present darkness, against the spirit forces of wickedness in the heavenly (supernatural) sphere.”

1. Define *strife* in your own words.

2. We’ve all been in circumstances that are full of tension and conflict. Describe some symptoms of a strife-filled...

Home

Church

Workplace

Other situation

3. Think about the relationships that you struggle with, whether at home (with your parents and siblings, spouse and kids), at school or work, or at church. Ask God to show you where the following characteristics of strife have opened the door for a specific conflict in those relationships. What did you say or think that was motivated by...

Pride (Were you often defensive? Did you insist on having the last word? Were you more interested in making your point than in learning God's perspective on the matter?)

Bitterness (Did you use phrases such as "you always" or "you never," which are symptoms of hidden bitterness?)

Hatred

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Judgment and criticism (Did you assign motives and intentions to another person when it is not possible to really know another's heart? Did you make judgments in other ways?)

Deception and lies (Did you misunderstand the situation from the other person's point of view, or did you form an opinion without knowing all the facts? Did you form opinions based on gossip? Did you lie or bend the truth in any way?)

Anger

Unrest (Did you say or do something out of worry or anxiety?)

Fear and negativity (Did you say or do something out of fear or negativity?)

4. Are you in strife with yourself? Describe how any of the above characteristics apply to your thoughts or how you see yourself.

5. In what ways have conflict and strife brought devastation and destruction into your life?

6. How might your life change if you sought to heal any troubled relationships and resist strife?



Lord, help me to recognize strife and learn to resist it. Help me to see the entrance of the spirit of strife long before it wreaks havoc in my home and life. Supply the grace to me so that I never fuel the spirit of strife in my life or in the lives of others. Amen.

Chapter 2

Summary and Reflection



Many of our relationship problems are due to pride. Pride gets us to fight to be right. It will fill our minds with self-deception. We will be able to justify all kinds of wrong attitudes and behaviors, all the while being fully convinced that we are right.

The Bible says in James 3:14, “But if you have bitter jealousy (envy) and contention (rivalry, selfish ambition) in your hearts, do not pride yourselves on it and thus be in defiance of and false to the Truth.”

1. Search your own heart and think very honestly about a time when you became embroiled in strife. Did you justify your actions? Describe that time.

2. Pride and deception go together. Asking the Holy Spirit to help you, recall a time in your life when your pride convinced you that you were right, but you were deceived nevertheless. Describe that time.

3. The Bible says that the tongue is a fire (James 3:6). Describe a situation in which your pride caused you to say something

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that stirred up strife with another person. How did your words inflame the situation?

4. Now, imagine how that situation may have turned out differently if you had exchanged your pride for humility. What could you have said instead that would have quenched the fire of strife?

5. Describe a time when the Holy Spirit was prompting you to say or do something that would have prevented or ended a conflict with someone. Did you obey His prompting or not? What happened as a result?

6. A certain amount of suffering is necessary to grace us to swallow our pride. Describe a situation in which you swallowed your pride and resisted strife.



Lord, I surrender to You my need to defend self, explain self, empower self, and to always be right. I acknowledge that You alone are the only One who is right. And even if I feel right about some situations, it never justifies strife. I submit my life to You completely, and I choose to let You alone be my defender.

Chapter 3 Summary and Reflection



Many people are seeking prosperity and want the power of God in their lives. The Word of God tells us what is required if we want these things: “God is faithful (reliable, trustworthy, and therefore ever true to His promise, and He can be depended on); by Him you were called into companionship and participation with His Son, Jesus Christ our Lord. But I urge and entreat you, brethren, by the name of our Lord Jesus Christ, that all of you be in perfect harmony and full agreement in what you say, and that there be no dissensions or factions or divisions among you, but that you be perfectly united in your common understanding and in your opinions and judgments. For it has been made clear to me, my brethren, by those of Chloe’s household, that there are contentions [*strife*] and wrangling and factions among you” (1 Cor. 1:9–11).

1. Do you see God’s power and blessings in your life? If so, in what ways? If not, look at your relationships. What do you see that might be hindering the flow of God’s blessing in your life?

2. Describe what happens in your house on Sunday mornings and when you are returning home from church. Do you see a pattern? Is the enemy trying to steal God’s Word before it can

CONFLICT-FREE LIVING

be planted into your heart? Do you often have quarrels and squabbles?

3. What strategies can you employ in the future to break this pattern and establish harmonious relationships?

4. God requires obedience to His powerful Word. In light of our discussion about conflict and strife, rewrite the following verse in your own words. Jesus prayed, "That they all may be one, [just] as You, Father, are in Me and I in You, that they also may be in one in Us, so that the world may believe and be convinced that You have sent Me" (John 17:21).

5. Think back to a time when you personally experienced the kind of unity spoken about in 1 Corinthians 1:9–11. How did you experience God's power or blessing in that situation?

6. We may have problems that have nothing whatsoever to do with strife. On the other hand, we may be burdened with problems that have entered our lives through the door of strife. What

challenging situations or problems in your life have been caused by strife?



Lord, show me how to diffuse potentially strife-filled situations. Help me recognize any patterns of strife in my relationships, particularly those that may be hindering my spiritual growth and blocking your power and blessing in my life. Help me choose the godly wisdom of harmony, unity, and peace. Show me how I can restore peace in relationships broken or damaged through offenses and misunderstandings. I make a new commitment to become a peacemaker whenever possible with Your help. Amen.

Chapter 4

Summary and Reflection



It is important to fellowship with other believers in Christ who are free from strife. The Bible says in Hebrews 12:14–15, “Strive to live in peace with everybody and pursue that consecration and holiness without which no one will [ever] see the Lord. Exercise foresight and be on the watch to look [after one another], to see that no one falls back from and fails to secure God’s grace (His unmerited favor and spiritual blessing), in order that no root of resentment (rancor, bitterness, or hatred) shoots forth and causes trouble and bitter torment, and the many become contaminated and defiled by it.”

1. The Bible says, “That enemy of yours, the devil, roams around like a lion roaring [in fierce hunger], seeking someone to seize upon and devour” (1 Pet. 5:8). According to this chapter, what are two of Satan’s favorite strategies for destroying the church?

2. Has Satan ever used either of these strategies in a church you have been involved in? Describe what happened.

3. Have you ever felt offended by your pastor or someone in your church? How did the devil strategize to divide you from others

and others from you? What happened? What would have been a better way to handle your feeling of offense?

4. Do you have a root of rejection in your life? Explain.

5. Are you harboring deep-seated offenses in your heart against other Christians? Explain.

6. Suppose you are a doctor, your church is the patient, and conflict and strife the disease. Write a prescription for your church using Galatians 5:14–15.



Dear Lord, I forgive everyone against whom I've harbored an offense. I ask You to forgive them for any sin they have committed against me and to restore my love and fellowship with them where possible. Strengthen

CONFLICT-FREE LIVING

my insecurities, and help me to not be easily offended. Lord, I choose to walk as Christ did, loving freely and forgiving everyone. Give me a heart of love toward all my brothers and sisters in Christ, especially those who have mistreated me. In Jesus's name, amen.

Chapter 5

Summary and Reflection



Stress was originally an engineering term used when determining how much pressure steel beams or other structural features could endure before they began to buckle and finally collapse. Unresolved anger and other forms of strife produce the same effect upon your body.

Here's what the Bible says about anger in Ephesians 4:26: "When angry, do not sin; do not ever let your wrath (your exasperation, your fury or indignation) last until the sun goes down." Then in the Book of James we read, "Understand [this], my beloved brethren. Let every man be quick to hear [a ready listener], slow to speak, slow to take offense and to get angry" (James 1:19).

1. Using Ephesians 4:26 and James 1:19, write a biblical response to our feelings of anger.

2. How have stress and strife affected your health in the past?

3. What factors are producing stress in your life right now? Consider the symptoms of strife listed in chapter 1 as well as your circumstances and relationships. How might they be affecting your health?

4. Do you often feel tired and worn out? God tells us to rest our bodies. (See Exodus 20:8–11.) Apply this principle to your situation. How might your situation change?

5. How can meditating on God’s Word (Prov. 4:20–22) and learning to trust God with your life (Prov. 3:5–6) keep you free from stress-induced illnesses?

6. According to Proverbs 17:22, happiness and health are directly linked. First Peter 3:10–11 tells us the keys to enjoying life. Apply each of those keys to your situation. How might they reduce your level of stress?

Keep your tongue free from evil.

Turn away from wickedness.

Do right.

Search for peace.

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Dear heavenly Father, please give me the grace I need to live in a stress-filled world. Help me to speak words that produce peace in my own mind and body and in the lives of others. Help me to never let the sun go down on my anger and to get the rest my body needs. I surrender my thoughts, words, attitudes, and health to You. Amen.

Chapter 6

Summary and Reflection



Psalms 23 says, “The Lord is my Shepherd [to feed, guide, and shield me], I shall not lack. He makes me lie down in [fresh, tender] green pastures; He leads me beside the still and restful waters. He refreshes and restores my life (my self); He leads me in the paths of righteousness [uprightness and right standing with Him—not for my earning it, but] for His name’s sake.

“Yes, though I walk through the [deep, sunless] valley of the shadow of death, I will fear or dread no evil, for You are with me; Your rod [to protect] and Your staff [to guide], they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my [brimming] cup runs over. Surely or only goodness, mercy, and unfailing love shall follow me all the days of my life, and through the length of my days the house of the Lord [and His presence] shall be my dwelling place.”

God has made a commitment to us to take care of us.

1. According to Genesis 13:14–17, Abraham had a God-given right to enjoy the rich lands that Lot chose. Describe the possible motives of both Abram’s and Lot’s hearts.

2. What principles do you glean from Abram’s actions with Lot that can help you with your own relationship problems?

3. Consider the concept of “self-care” for a moment. What does this mean for you? How have you chosen to take care of yourself rather than trust God to take care of you?

4. Trying to take care of ourselves is one of the main causes of problems in our relationships. Describe a situation in which your efforts at self-care fueled strife in one or more of your relationships.

5. Read the following scriptures, and then write God’s personal promise to you in each of them.

Psalm 27:1

Psalm 59:9

Matthew 22:44

Deuteronomy 32:35

Psalm 89:14

6. Rather than trying to make someone treat you fairly, choose to pray for that person and leave his or her behavior to God. Write a personal commitment to leave the behavior of others in God's hands.



Lord, show me how to diffuse potentially strife-filled situations. I give up my rights to You. Show me when being a peacemaker is more important than enjoying what is rightfully mine.

Release me from the strife-filled bondage of constantly struggling to make things happen for myself. Deliver me from the bondage of constantly feeling the need to protect myself. I choose to trust You to be a Good Shepherd who will care for me, watch over me, and protect me from harm at the hands of others. In Jesus's name, amen.

Chapter 7

Summary and Reflection



First Corinthians 1:25–29 unveils the heart of God toward those with weaknesses: “The foolish thing [that has its source in] God is wiser than men, and the weak thing [that springs] from God is stronger than men. For [simply] consider your own call, brethren; not many [of you were considered to be] wise according to human estimates and standards, not many influential and powerful, not many of high and noble birth.

“[No] for God selected (deliberately chose) what in the world is foolish to put the wise to shame, and what the world calls weak to put the strong to shame. And God also selected (deliberately chose) what in the world is lowborn and insignificant and branded and treated with contempt, even the things that are nothing, that He might depose and bring to nothing the things that are, so that no mortal man should [have pretense for glorying and] boast in the presence of God.”

1. Are you at peace with yourself? Do you accept yourself? What aspects of yourself have you struggled to accept?

2. Do you agree that the things we dislike in other people are often the things we dislike in ourselves? Explain your answer.

3. Write out a description of who you are, based on the truths found in Romans 3:22–23; 4:5; Jeremiah 29:11; Acts 20:28; and 1 Peter 1:19.

4. Have you struggled to believe that God could use you because of your past, your weaknesses, or what other people have said about you? Explain your answer.

5. How do 1 Corinthians 1:25–29, 2 Corinthians 12:9, and 1 Corinthians 4:3 apply to your situation? How can these scriptures give you hope?

6. We can say we are the righteousness of God in Christ because the Word says that we are righteous (2 Cor. 5:21). What can you do to establish this truth in your soul? How can you begin to live in this truth?

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Dear Lord, I choose to accept myself as I am. I thank You for making me the person I am, with all my imperfections and flaws. Be my strength where I am weak, and give me the grace I need to accept myself the way You accept me. Thank You for loving me with supernatural love. Help me to see myself and my life through Your eyes. Amen.

Chapter 8

Summary and Reflection



Forgiveness is the fire extinguisher that douses the flames of strife that might otherwise consume our lives and destroy our relationships. Learning to forgive quickly is a key to battling strife. Paul writes, “Be gentle and forbearing with one another and, if one has a difference (a grievance or complaint) against another, readily pardoning each other; even as the Lord has [freely] forgiven you, so must you also [forgive]” (Col. 3:13).

1. Based on what you read in this chapter, why is forgiveness important? In what ways does it benefit us to forgive quickly?

2. Are there people in your life that you may need to forgive? Who are they, and what is their offense toward you? Keep in mind that if the thought of a particular person makes your blood boil, that is a good indication that you are harboring unforgiveness toward that person.

3. How would forgiving these people change your life and your relationships?

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4. Although we may deny it, many of us are angry with God. We were created to receive love from God and to respond with our love to Him. Yet the root of many of our emotional problems stems from hidden or repressed anger toward God. This anger is also the cause of a bitter attitude toward life. Prayerfully ask the Holy Spirit to show you any hidden anger or hurt toward God you have buried deep inside. Write down what the Holy Spirit reveals to you about how you feel toward God.

5. Every time we are hurt, offended, disappointed, or even devastated—and there are many such times in our lives—we must choose how we will respond. Write about a time when you chose to hold on to anger and resentment. In what ways was this a choice for “death”? Now write about a time when you chose forgiveness. In what ways was this a choice for life?

6. Can you give God your hurt, your anger, your disappointment, and your sense of betrayal toward others and toward Him? Will you choose to trust Him for His justice? Write a prayer turning your feelings and these relationships over to God and expressing your commitment to make forgiveness a lifestyle.



Dear Lord, I trust You for Your justice in my life. I choose right now to let go of my need to seek justice for myself. I forgive everyone who has offended me, including [speak out their names]. I release them right now in the name of Jesus. I submit my life to You today, all over again. I don't understand all of the circumstances of my life, and perhaps I never will while I live on this earth. Lord, even though it is hard to choose to trust You at times, even though I do not fully understand, I submit my life to You. I thank You for loving me and keeping me until that day when I'll fully know as I am fully known—just as the Bible says in 1 Corinthians 13:12.

Chapter 9

Summary and Reflection



Walking in peace with others is often challenging. If possible, the devil will try to undermine every one of your relationships with strife. You cannot always avoid strife. Sometimes you must confront it, get it out in the open, and try to come to some terms of peace.

The apostle Paul makes a powerful statement in 1 Corinthians 7:15: “God has called us to peace.” If peace is God’s will for our lives, He can heal our relationships and make peace possible.

1. List the relationships in your life that have been attacked by conflict and strife.

2. It’s possible that you are to blame—at least partially—for the problems in some of your relationships. However, it is also possible that you are being victimized by someone else’s strife. Think carefully and prayerfully about the causes of strife in these relationships. Write down the hard-to-face truth you’ve discovered.

3. Think about a recent disagreement you had with someone. Then prayerfully consider the principles for how to disagree

CONFLICT-FREE LIVING

agreeably, which are listed below. Which of these principles could you have applied in that situation in order to keep peace with the other person? Explain.

Show each other respect.

Drop it for a while.

Be patient.

Search for an answer both parties can be satisfied with.

Give in regularly.

4. Magnifying the positive characteristics in a person is a good way to build relationship bridges. List some of the positive characteristics of a person with whom you've experienced strife.

5. Describe a situation when you felt responsible for changing the opinions of another. What was the outcome? Now suppose you were able to rewrite history. Describe the situation you just

mentioned, only change the details to respect and honor the other individual's opinion, while still remaining true to your own feelings and opinions.

6. Sometimes we look at a person's faults for so long that we no longer see his or her strengths. Is there a (nonmarital) relationship in your life that is at a similar breaking point? Spend time in prayer asking the Holy Spirit to give you insight on how to handle the division. Write how you sense God is leading you to deal with this situation.



Dear Lord, I commit to allowing others the freedom to hold their own opinions and to make their own choices. I trust You to mold and shape others into the people You want them to be. Help me to be a peacemaker in my attitudes, body language, and facial expressions. Please give me the grace to be gracious and positive in all my relationships. If some of my relationships are at the breaking point, show me how I might gain fresh perspective about the people involved. Help me to see the positive in everyone around me, and help me to speak in a positive manner, even when I must bring correction. Thank You, Lord.

Chapter 10

Summary and Reflection



The blending of temperaments, tastes, and opinions within families can be a breeding ground for strife, particularly when parents try to change a child. The message to the child is, “You are not acceptable for who you are,” and it stirs up anger and rebellion in the child. That is why God’s Word says, “Fathers, do not irritate and provoke your children to anger [do not exasperate them to resentment], but rear them [tenderly] in the training and discipline and the counsel and admonition of the Lord” (Eph. 6:4).

1. Describe the different types of personalities within your family. Are some family members passive? Are certain family members strong-willed? What personality clashes cause conflict in your family?

2. What actions, attitudes, or personality do you hold that tend to fuel family strife?

3. What traits or weaknesses in family members do you find particularly annoying or difficult to deal with and accept?

CONFLICT-FREE LIVING

4. How can you give those family members the freedom to grow without making them feel rejected? What do they need to hear you say in order to be set free?

5. Do you fall into regular ruts with certain family members, arguing, scolding, criticizing, or complaining about the same unresolved conflicts without experiencing any improvement? Explain.

6. How can you submit those ruts to God and find more peaceful ways of dealing with those conflicts?



Dear heavenly Father, I give You my family members, and I ask for Your peace in all of our interactions and conflicts. I thank You for creating each one of us with our weaknesses, annoying habits, and different personality traits. Give us the grace to always see You in each other, to always accept and love each other, and to always love and accept ourselves. In Jesus's name, amen.

Chapter 11

Summary and Reflection



Without unity and harmony, true spiritual power cannot be released.

1. The New Testament church of the Book of Acts is a picture of unity and harmony. Acts 2:46 says, “And day after day they regularly assembled in the temple with united purpose.” Describe in greater detail the characteristics of the first Christian church using the following scriptures.

Acts 2:44

Acts 2:46

Acts 4:31

Acts 4:34

2. The Word of God says, “Behold, how good and how pleasant it is for brethren to dwell together in unity! It is like the precious ointment poured on the head, that ran down the beard, even the beard of Aaron [the first high priest], that came down

CONFLICT-FREE LIVING

upon the collar and skirts of his garments [consecrating the whole body]. It is like the dew of [lofty] Mount Hermon and the dew that comes on the hills of Zion; for there the Lord has commanded the blessing, even life forevermore [upon the high and the lowly]" (Ps. 133:1–3).

3. Think back to a time when you were involved in a church situation that involved strife. Describe how strife got in and what happened as a result.

4. Now think back to a time when you have personally experienced the kind of unity spoken about in Psalm 133. Write about what happened and how it made you feel.

5. We are to pursue peace in our relationships with other believers. Do you have a present relationship in which you should attempt to pursue peace? Explain.

6. Philippians 2:3 says, "Do nothing from factional motives [through contentiousness, strife, selfishness, or for unworthy ends] or prompted by conceit and empty arrogance. Instead,

in the true spirit of humility (lowliness of mind) let each regard the others as better than and superior to himself [thinking more highly of one another than you do of yourselves].”

Using this scripture, how might you pursue peace with that individual or group?



Dear Lord, by the power of Your wonderful Holy Spirit, reveal to me any attitudes that have created or fueled strife among my fellow believers. I humbly repent for not being a peacemaker. Show me how I can restore peace in relationships broken or damaged through offenses and misunderstandings. I make a new commitment to become a peacemaker whenever possible with Your help. Amen.

Chapter 12

Summary and Reflection



Spiritual warfare to defeat the devil can be accomplished through powerful weapons that we often hear little about—such as obedience, peace, and love.

1. The Bible says, “So be subject to God. Resist the devil [stand firm against him], and he will flee from you” (James 4:7). Why do you suppose submitting to God is just as important as resisting the devil?

2. Have you ever experienced an attack from an individual to destroy your character, position, or reputation? Use Matthew 5:44 and Luke 6:27 to describe how you might respond biblically.

3. Paraphrase Isaiah 41:10–16, using your own words to describe God’s promise to keep you at peace during life’s storms.

4. The principles of Christianity are often paradoxical. In other words, they seem completely upside down. Using the following scriptures,

CONFLICT-FREE LIVING

write about events from your own life that illustrate the use or lack of use of these principles.

Matthew 18:4

Matthew 19:21

Matthew 19:30

Matthew 23:12

James 4:6

1 Peter 5:6

5. Paraphrase 1 Corinthians 13:1–8.

6. Think about a time when you were in conflict with another person. How could you have used love as a spiritual weapon to defeat the strategies of Satan in that situation?



Dear Lord, give me the grace to respond to the battles in my life with obedience, peace, and love. I submit my life to You, knowing that You hold my future in Your hands. I submit my future battles to You before they even happen, and I ask You to cause me to triumph through the power of Your peace and love. Help me to walk in unselfishness, generosity, and goodwill toward others. Where my heart is small, make it large with Your love. Amen.

Chapter 13

Summary and Reflection



When we are undergoing changes at home, at work, or at church, it can produce enormous stress, which makes us more vulnerable to strife. We need to be on guard during such times and press forward and trust God with the situation so that His power and blessing can flow unhindered into our lives.

1. Have you undergone a change in the recent past or present that has been difficult to deal with? Is your opposition to certain changes based on your own opinions or on God's Word? Explain.

2. Did you or have you given the changes enough time to see if they will work out for you?

3. Are you willing to speak with those in leadership about your feelings instead of sharing them with everyone else? How can you approach them in a way that will pursue peace?

4. If you are no longer able to be happy in the situation because of the changes that have taken place, do you love the organization and its people enough to be willing to leave rather than cause strife?

5. Describe a time when God was trying to bring a change in you or through you and how you “suffered in silence” or took your frustrations out on others.

6. How will you “press forward” into such changes in the future?



Lord, I surrender my life to You in all my seasons and situations of changes—past, present, and future. Keep me from allowing change to bring me into strife. Help me to draw nearer to You during times and seasons of change. Let me sense Your strength, Your power, and Your peace during such times. And Lord, when I need extra help to stay calm and peaceful, please help me to draw closer to Your heart. In Jesus's name, amen.

Chapter 14

Summary and Reflection



The anointing of the Holy Spirit is resident in you to empower, strengthen, enlighten, and equip you for ministry.

1. Strife and bitterness grieve the Holy Spirit. According to Ephesians 4:30–32, what is the scriptural antidote for strife?

2. In the same way that strife repels the Holy Spirit, the power of peace binds the Holy Spirit to us. What attitudes will help you to never grieve the Holy Spirit, according to Ephesians 4:30–32?

3. The Lord sent the disciples to go out and find a “base of operations” that was peaceful. Read Luke 10:1–7 and explain why you believe the Lord gave this command.

4. Is your “base of operations” peaceful, whether it be your home, job, church, or circle of friends? What can you do to make your environment more peaceful?

CONFLICT-FREE LIVING

5. How can you help others protect the anointing in their lives?

6. What can you do to protect the anointing in your own life?



Dear Father, grant me the grace to live in and operate in an environment of peace. Show me what attitudes and habits I have that might be contributing to strife. Provide me with Your divine strategy for being a peacemaker wherever I go. In Jesus's name, amen.

Chapter 15

Summary and Reflection



We are heirs of Christ, according to God’s Word. Jesus said, “Everything that the Father has is Mine. That is what I meant when I said that He [the Spirit] will take the things that are Mine and will reveal (declare, disclose, transmit) it to you” (John 16:15).

Even though we have a rich, wonderful, and powerful inheritance in Christ, far too few of us ever walk in what He has given to us. To reclaim our inheritance, we need to maintain trouble-free relationships.

1. According to John 14:27, peace was a part of Jesus Christ’s last will and testament to His people. If Jesus Christ spoke of peace right before He died, how important do you think peace is in His estimation?

2. Read Philippians 4:6–7 and describe one biblical way for holding on to your peace.

3. Are you living in peace with yourself, others, and God? If so, explain why you have been able to do so. If not, ask God to reveal what is robbing you of peace and what you need to do to be a peacemaker.

CONFLICT-FREE LIVING

4. List some ways you have chosen to deny your fleshly desires and keep peace in a relationship.

5. Think about your day today. Describe how you either chose peace, and avoided strife and conflict, or those times when you gave in to strife. What was the result?

6. Will you make the decision today to make peace the umpire of your life? Write out a prayer, telling God of your commitment to do so.



Dear Lord, help me to make peace the umpire of my life in all of my relationships. Show me more and more biblical strategies for maintaining peace. Holy Spirit, nudge me when strife attempts to enter into my heart and mind. Show me how to diffuse every situation with faith, love, confidence, and joy. In Jesus's name, amen.