
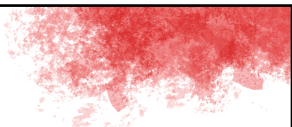


When Conflict Remains Unresolved
Experiencing Peace in the Hurt


Greg Wilson, D.Ed.Min., LPC Supervisor





“as far as it depends on you...”

“If possible, as far as it depends on you, live at peace with everyone.” Romans 12:18 (CSB)



Unresolved Conflict

WHEN ONE PARTY...

- is absent (Cain/Abel)
- is destructive (David/Saul, Joseph/brothers)
- is unrepentant (Moses/Pharaoh)
- has "agreed to disagree" (Paul/Barnabas)
- isn't ready/needs more time (Joseph/brothers)



Do not repay anyone evil for evil. Give careful thought to do what is honorable in everyone's eyes. If possible, as far as it depends on you, live at peace with everyone. Friends, do not avenge yourselves; instead leave room for God's wrath, because it is written, Vengeance belongs to me; I will repay, says the Lord. But if your enemy is hungry, feed him. If he is thirsty, give him something to drink. For in so doing you will be heaping fiery coals on his head. Do not be conquered by evil, but conquer evil with good.
Romans 12:17-21 (CSB)



Noticing Emotions

QUESTIONS TO CONSIDER

- *Anger*: How do I believe I have been treated unjustly?
- *Fear*: What do I value that has been threatened?
- *Grief*: Who/What do I love that I've lost?
- *Guilt*: What have I done wrong?
- *Shame*: What is wrong with me?



Anger

I HAVE BEEN TREATED UNJUSTLY

- "Anger is our whole-personed active response of negative moral judgment against perceived evil." Robert D. Jones, *Uprooting Anger*
- How have I been wronged?
- Is my response righteous?
- Am I judging the *person* or the *behavior*?
- How can I "be angry and not sin"? (Ps 4:4, Eph 4:26)



Fear

VALUE HAS BEEN THREATENED

- Listen to your fear. What is it telling you about your values?
- *Where* and *when* does it show up?
- How are you responding to it?
- How do I know when I'm valuing something too much?
- How can I face my fear in healthy ways?



Grief

SOMETHING/SOMEONE LOVED HAS BEEN LOST

- "Grief is existential testimony to the worth of the one loved." Nicholas Wolterstorff, *Lament for a Son*
- "The joy of our hearts has ceased; our dancing has been turned to mourning." Lamentations 5:15
- How am I grieving? Grief can be expressed in many ways. We all grieve differently.
- What am I hoping in and for? We don't grieve as those without hope. (1 Thess 4:13)
- How is my grief pointing me to the God of all comfort?



Guilt

WHAT HAVE I DONE WRONG?

- "Guilt, reflected in a healthy conscience, provides guardrails to help us know when we're acting against God or neighbor." Groves & Smith, *Untangling Emotions*
- In destructive relationships, guilt can be confused: Have I actually done something wrong, or have I simply adopted someone else's disappointment or accusation?
- You can *be* guilty without *feeling* guilty. You can *feel* guilty without *being* guilty.
- Recognition of guilt is a grace of God that provides an opportunity to repent: to see one's sin, *own* it, appropriately *hate* it (as God does), and to *turn* from it.



Shame

WHAT IS WRONG WITH ME?

- Shame is about my identity. It says, "Because I have done wrong things, something is wrong fundamentally wrong with me."
- Groves and Smith helpfully add: "...and others can see it."
- What do you tell yourself makes you unacceptable to others because they know you are human?
- What identity statements have you let yourself or others speak over you, overruling what God has spoken over you in Christ?
- The gospel offers *propitiation* (penalty-bearing sacrifice) for guilt, and *adoption* (full inclusion into God's family) for shame. Hambrick, *Making Sense of Forgiveness*



Trauma

THE WOUND, HURT, DAMAGE DONE

- Trauma is not what happened *to* us, but what happened *in* us as a result of what happened to us. In relationships impacted by abuse, addiction, and betrayal, deep wounds are likely.
- Avoidance? Intrusions of thought, emotion, or memory? Changes in mood & thinking? Changes in arousal & reactivity?
- A counselor with trauma training and experience is recommended.
- What happened *to* you? What happened *in* you? The goal of care is restoration of the counselee's capacity to function and the redemption of the counselee's story—to the glory of God.



What am I responsible for?

- searching my own heart and motives
- repenting of my own sin
- vertical/positional forgiveness of the other person
- doing my own healing work, including getting wise and appropriate counsel
- pursuing perspective-taking, humility, compassion, kindness, and prayer for the other person



"Turn away from evil and do what is good; seek peace and pursue it." Ps 34:14