

A FAITH THAT DE-ESCALATES CONFLICT

Book of James: A Faith That Works When Life Doesn't – Part 14
Rick Warren
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"Those who are peacemakers will plant seeds of peace and they will reap a harvest of goodness." - James 3:18 (NLT)

10 BIBLICAL STEPS FOR DEFUSING A TENSE SITUATION

1. _____ my voice

"A gentle response will calm a person's anger, but harsh words stir up intense fury." - Proverbs 15:1

- The more I raise my voice, the more I lower my intelligence
- Mirror Brain Neurons: I'll get back whatever I give out

"The quiet words of a wise person are more effective than the shouting of a leader of fools." - Ecclesiastes 9:17 (NIV)

2. Breathe and slow down the pace of your speaking

"A fool gives full vent to his anger, but by biding his time, the wise man calms it down." - Proverbs 29:11 (NAB)

"People with hot tempers start fights and cause trouble, but a calm, cool spirit keeps the peace." - Proverbs 15:18 (The Message/NCV)

"If a ruler (or anyone else) loses his temper against you, don't panic! A calm disposition quiets intemperate rage." - Ecclesiastes 10:4 (The Message)

3. _____ more than I talk

"Be quick to listen, slow to speak, and slow to get angry." - James 1:19 (NLT)

"Arrogant know-it-alls stir up discord, but wise men and women listen to each other's counsel." - Proverbs 13:10 (The Message)

4. Listen for the _____ behind the words

"Each heart knows its own bitterness . . ." - Proverbs 14:10 (NIV)

5. Pray while I'm listening

"Gideon built an altar for worshiping the Lord and he called it 'The Lord Calms Our Fears.'" - Judges 6:24 (CEV)

"God stills the raging oceans, quiets the noise of roaring waves, and calms the uproar of the peoples." - Psalm 65:7

6. Seek to understand before seeking to be understood

"A person who answers without listening is foolish and disgraceful." - Proverbs 18:13 (ICB)

7. Try to see their _____

"Each of you should look not only to your own interests, but also to the interests of others. Your attitude should be the same as that of Christ Jesus." - Philippians 2:4–5 (NIV)

8. Ask God to give me a clear picture of myself

"Search me, O God and examine my heart; test me and know my nervous thoughts. Point out anything in ME that is wrong. Then lead me on the path that is always right." - Psalm 139:23–24

9. _____ any part of the conflict that I caused

Jesus: "Why do you notice the little piece of dust in your friend's eye, but you don't notice the big piece of wood in your own eye? First, take the wood out of your own eye. Then you will see clearly to take the dust out of your friend's eye." - Matthew 7:3, 5 (NCV)

10. Choose my words carefully

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

"Do not use harmful words, but only helpful words, the kind that build up and provide what is needed." - Ephesians 4:29 (TEV)

"Blessed are the peacemakers, for they will be called the children of God!" - Matthew 5:9 (NIV)

1. Lower 2. Listen 3. Hurt 4. Perspective 5. Admit

緩和衝突的信心

在人生困境中活出真信心—第十四部

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June 28, 2020

“締造和平的人要種下和平的種子，收穫公義的果實。
- 雅各書 3:18 (新普及譯本)

聖經裏十個緩和緊張狀況的步驟

1. 說話

“溫柔的回答平息怒火，粗暴的言語引發怒氣。” - 箴言 15:1(新普及譯本)

- 我越大聲說話，就越降低自己的智力
- 「鏡像神經元」：不管我作出甚麼反應，我都會自食其果

“寧可聽智慧人平靜的話語，也不要聽昏庸君王的喊叫。”
- 傳道書 9:17 (新普及譯本)

2. 呼吸和慢慢說

“愚昧人盡情發洩怒氣，但智慧人等待時機，平息怒氣。”
- 箴言 29:11 (NAB 意譯)

“脾氣暴烈的人挑起紛爭，他們帶來麻煩，但心平氣和的人保持和睦。”
- 箴言 15:18 (The Message/NCV 意譯)

“如果掌權者（或其他人）因此向你大發雷霆，不要驚慌！因為鎮定能平息怒氣。”
- 傳道書 10:4 (信息本意譯)

3. 多_____，少說話

“各人都要快快地聽，慢慢地說，慢慢地動怒。” - 雅各書 1:19 (新普及譯本)

“自高自大會引起爭端，但明智的男女卻會接受他人勸告。”
- 箴言 13:10 (信息本意譯)

4. 聆聽說話背後的_____

“心中的苦楚，只有自己知道…” - 箴言 14:10 (新普及譯本)

5. 我一邊聆聽，一邊祈禱

“於是基甸在那裏為上主築了一座祭壇，起名叫「上主沙龍」（意思是「上主是平安」）”
- 士師記 6:24 (新普及譯本)

“你平靜了海洋的怒號，浪濤的呼嘯；你制止了萬民的喧嘩。”
- 詩篇 65:7 (現中修訂版)

6. 在尋求被理解之前，先去理解

“不先聆聽就回答的人，既愚蠢又丟臉。” - 箴言 18:13 (ICB 意譯)

7. 嘗試理解別人的_____

“各人不要單顧自己的事，也要顧別人的事。你們要以基督耶穌的想法為你們的想法。”
- 腓立比書 2:4-5 (新漢語譯本)

8. 求上帝給我清晰的自我形象

“上帝啊，求你鑒察我，瞭解我的心；考驗我，知道我切切記掛的。求你指出我裏面何處得罪了你，引導我走永生的道路。” - 詩篇 139:23-24 (新漢語譯本)

9. _____衝突中因我而起的部份

“你為甚麼看見弟兄眼裏的木屑，卻沒有留意自己眼裏的梁木呢？…你這偽善的人，先把自己眼中的大樑移去，才能看得清楚怎樣把弟兄眼中的木屑挑出來。”
- 馬太福音 7:3, 5 (現中修訂版)

10. 仔細選擇我所說的話

“有人說話不慎，好像利刀刺人，智慧人的舌頭卻能醫治人。”
- 箴言 12:18 (NIV 意譯)

“一句壞話也不可出口，卻要適當地說造就人的好話，使聽見的人得益處。”
- 以弗所書 4:29 (新譯本)

“上帝賜福給締造和平的人，因為他們必稱為上帝的兒女。”
- 馬太福音 5:9 (新普及譯本)

1. 輕聲 2. 聆聽 3. 傷痛 4. 觀點 5. 承認