



LOVE PEOPLE

PEACEMAKER

Who is it?

As you read through the Peacemaker reading, somebody keeps coming to mind, or maybe several somebodies.

It's the co-worker, the friend, the spouse, or the roommate.

Or it's the ex-co-worker, the ex-friend, the ex-spouse, or the ex-roommate.

Maybe the offense is recent or maybe it's long past. But whoever or whatever, the thought of addressing that conflict, or even thinking about it, is highly unwelcome. Human instinct is to push these thoughts down, to suppress them, and to get on with our lives. But to do so is dangerous; to ignore anger or wounds is about as wise as ignoring cancer. These things make themselves known whether we like it or not. It's far better to address them directly in hopes of true healing. The efforts may or may not heal the relationship; but at a minimum, we ourselves want and need both healing and wholeness.

The exercise that follows brings theory into practice.

With whom are we in conflict, how can we heal, and what must we do?

First Stage Identify People

Use these questions to identify people with whom you may have unresolved conflict. Write their names on the page that follows. If you are uncertain whether there is unresolved conflict, write their names regardless.

● People from Your Past

- Who in your past do you replay offensive scenarios about and fantasize what you'd say or do differently?
- Who in your past, that if you saw today, would you feel uncomfortable and uneasy around (a lot or a little)?
- Who in your past is angry with you, even if you are not angry with them?
- Who in your past do you maintain anger or unforgiveness toward (a lot or a little)?

● People in Your Present

- Who in your present are you currently avoiding?
- Who in your present are you uncomfortable, vulnerable, or anxious being around?
- Who in your present are you avoiding a conversation with that you know you really need to have?
- Who in your present is angry or frustrated with you, even if you're not angry or frustrated with them?
- Who in your present do you maintain anger or unforgiveness toward (a lot or a little)?



Possible Conflicted Relationships

Past

Present



Second Stage
Clarify the Issue and Develop Next Steps

Step 1: Thoughtfully and prayerfully sort the names on the previous page into one of the following three columns.

I have forgiven them and they have forgiven me	I have not forgiven them or they have not forgiven me	I'm not sure if I have forgiven them or they have forgiven me

Step 2: Forgiveness and Trust Guide

The page that follows is a guide. Use this guide to thoughtfully and prayerfully discern the true issues and identify your next step for each of the people listed in the columns above. Multiple copies of the guide are provided (a page is used for each person). If you need more, simply print extra copies or write your responses on another sheet of paper.



Forgiveness and Trust Guide

Name of person:

What happened? How has this person offended you or you offended them? Be as succinct and clear as possible.

What steps have you taken to forgive them or seek their forgiveness?

Which of the following statements best describes the current reality?

___ I need to address their offense.

If your brother or sister sins, go and point out their fault, just between the two of you (Matthew 18:15).

___ I need to address my offense.

Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift (Matthew 5:23-24).

___ I have done all I can do.

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

Do you trust them? Do they trust you? If no, where appropriate, what could be said or done for trust to be built? And what must be done for healthy protection?



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Third Stage Seek God's Strength and Wisdom

Use this page to write a prayer to God. Ask for his power to authentically forgive. Ask for his wisdom to know what to do. Ask for his courage to truly do it. Be open and honest with reservations and resistance.

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