



Secrets of the Good Life, #7: Peace Out!

Featuring **Dr. Henry Cloud**

Psychologist
Best-selling co-author of Boundaries series,
author of How People Grow

I. Introduction

When do you need to make peace?

²and he began to teach them, saying:... 8 "Blessed are the

for they will be called sons of God." -Matthew 5:2, 9

II. Chaos and conflict

We don't look forward by nature to resolving conflict

Given chaos and conflict, we either

- move against
- move towards
- move away

Your success is equal to your ability to confront

The only way to be blessed is to go into chaos and conflict and make something better of it

The summation of it all: Micah 6:8

Go into problem situations and ask, "How can I help?"

is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God. -Micah 6:8

III. What God wants us to do: Micah 6:8

- Love mercy

Seek to understand the other's perspective

Have empathy and forgive

- Do justice: make sure what's right happens

Justice is required first from me

I must own my part in the problem and in the process

We must speak to the problem in the other

Leviticus 19:17-18

If you're not standing up to the problem, you share in the guilt

¹⁷ "Do not hate your brother in your heart. Rebuke your neighbor frankly so you will not share in his guilt. ¹⁸Do not seek revenge or bear a grudge against one of your people, but love your neighbor as yourself. I am the LORD." —Leviticus 19:17-18

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He has showed you, O man, what

- Walk humbly with God

Not going into the conflict in a "better than" role

The law increases sin

Humbly and gently restore: Galatians 6:1

If someone still likes me when there are problems, we can solve the problems

Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted.
—Galatians 6:1

Be open to God's ways

Conflict leading to learning better ways to solve problems

Forgive as God forgives

It's a blessed state to be the person that confronts things

Walking actively toward the conflict while putting your guns down

IV. Categories of conflict

- Conflicting wishes or needs

Sometimes nobody's bad [4600]

- Stopping behavior that's wrong

If something's destructive, you have to hold a firm line

- Stopping a behavior that's really a preference

Doing something that bugs me

Next week on *Solutions*: "Fight for What's Right"

Resources

BOOKS:

How to Have that Difficult Conversation You've Been Avoiding

By Drs. Henry Cloud and John Townsend www.zondervan.com

Changes that Heal

By Dr. Henry Cloud www.cloudtownsend.com

How People Grow

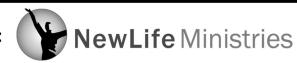
By Drs. Henry Cloud and John Townsend www.zondervan.com

The Secret Things of God: Unlocking the Treasures that are Reserved for You

By Dr. Henry Cloud www.amazon.com



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