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# A Better Approach (Changing The Unchangeable)

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## The 10 Commandments of Conflict Resolution

Pastor Wil Nichols

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***Sermon: The 10 Commandments of Conflict Resolution: A Better Approach (Changing The Unchangeable)***

***Lesson Text***

1 Peter 3:10–11 (KJV)<sup>10</sup> For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile: <sup>11</sup> Let him eschew evil, and do good; let him seek peace, and ensue it.

***Introduction***

As we stated last week, this series, “The 10 Commandments of Conflict Resolution”, will give us God’s Spiritual Plan for resolving our issues, troubles, and conflicts with each other.

From our first message, we learned that Conflict is the FIRE that forges “TWO” into “One”. It leads to stronger relationships and greater harmony.

- A Fire that Tries, forging the mind into clearer direction
- A Fire that Purifies, forging the emotions for stronger emotional connection
- A Fire that Glorifies, forging the will for a deeper commitment

But even with the power of God, conflict is still difficult to resolve because for years, decades, and even generations, we’ve been using the wrong approach to our conflict.

Luke 17: <sup>1</sup> Then said he unto the disciples, **It is impossible but that offences will come: but woe unto him, through whom they come.**

With the wrong approach, we’re trying to avoid something that is unavoidable, we’re trying to fix something that is unfixable, we’re trying to do something that is undoable.

We lack basic conflict-resolution skills:

- Wrong timing: Never address tough issues when you are stressed or upset
- Wrong emotion: Beware of anger - the “emotional alcohol”
- Wrong Methods: Blame, shame, defensiveness won’t bring you close to one-flesh

We lack personal Objectivity:

- Jeremiah 17: <sup>9</sup> The heart *is* deceitful above all *things*, and desperately wicked: who can know it?
- Matthew 7: <sup>3</sup> **And why beholdest thou the mote that is in thy brother’s eye, but considerest not the beam that is in thine own eye?**

We choose the wrong approach:

- The win-at-all-costs approach
- The withdraw-and-smolder approach
- The give-in-and-die-a-little approach

But our lesson text teaches us that there is a better approach: 1 Peter 3:10–11 (NLT)<sup>10</sup> For the Scriptures say, “If you want to enjoy life and see many happy days, keep your tongue from

speaking evil and your lips from telling lies. <sup>11</sup> Turn away from evil and do good. Search for peace, and work to maintain it.

Simply put, we must control the uncontrollable (our tongue), watch the unwatchable (our emotions), and obtain the unobtainable (our peace).

***Series and Sermon: The 10 Commandments of Conflict Resolution: A Better Approach (Changing The Unchangeable)***

“A Better Approach for Your Tongue, Your Emotions, and Your Peace”

***I. A Better Approach for Your Tongue (Change Your Ears)***

1 Peter 3:<sup>10</sup> For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile:

But when it comes to conflict, the sword that lashes out is our tongue. Before we can think good, the tongue strikes. Before one can finish talking, the other is waiting to talk.

Whenever someone would say to me “We Need To Talk,” nine times out of ten, I knew it wasn’t going to end well. Why? Someone or both of us would get angry, and it would end worse than when we started.

In anger, our tongue strikes out, it calls each other out of their names, it hurts each other, it destroys each other.

James 3: <sup>6</sup> And the tongue *is* a fire, a world of iniquity: so is the tongue among our members, that it defileth the whole body, and setteth on fire the course of nature; and it is set on fire of hell. <sup>7</sup> For every kind of beasts, and of birds, and of serpents, and of things in the sea, is tamed, and hath been tamed of mankind: <sup>8</sup> But the tongue can no man tame; *it is* an unruly evil, full of deadly poison.

James 1: <sup>19</sup> Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: <sup>20</sup> For the wrath of man worketh not the righteousness of God.

Instead of waiting for a break to speak, just stop speaking and listen.

***But There’s a Better Approach for your tongue, CHANGE YOUR EARS!***

Revelation 2: <sup>17</sup> **He that hath an ear, let him hear what the Spirit saith unto the churches; To him that overcometh will I give to eat of the hidden manna, and will give him a white stone, and in the stone a new name written, which no man knoweth saving he that receiveth *it*.**

- **The Hidden Manna** is the bread of heaven, the word of God. Luke 4: <sup>4</sup> And Jesus answered him, saying, **It is written, That man shall not live by bread alone, but by every word of God.**
- **The White Stone** is a token of acquittal in a legal case or a symbol of victory in an athletic contest. For us it is a reward given by the Lord to the overcomer.
- **The New Name** indicates acceptance by God and title to glory.

When we have an ear to hear the Spirit, he gives us the hidden word of God that we can't see, a word of victory that is approved and accepted by God with a new name of Glory.

Instead of letting your tongue be the sword that lashes out, allow hidden manna to be the sword: Ephesians 6: <sup>17</sup> And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

Proverbs 15:(NLT)<sup>1</sup> A gentle answer deflects anger, but harsh words make tempers flare. <sup>2</sup> The tongue of the wise makes knowledge appealing, but the mouth of a fool belches out foolishness. <sup>3</sup> The Lord is watching everywhere, keeping his eye on both the evil and the good. <sup>4</sup> Gentle words are a tree of life; a deceitful tongue crushes the spirit.

## ***II. A Better Approach for Your Emotions (Change Your Heart)***

1 Peter 3: <sup>11</sup> Let him eschew evil, and do good; let him seek peace, and ensue it.

If our tongue is the sword that strikes during conflict, emotions are the arms that swing it.

Ephesians 4: <sup>26</sup> Be ye angry, and sin not: let not the sun go down upon your wrath: <sup>27</sup> Neither give place to the devil.

The problem with the tongue is not in and of itself with talking, it is about which emotions are swinging the sword.

Proverbs 18: <sup>21</sup> Death and life *are* in the power of the tongue: ...

Either death or life will come from the tongue, it depends on which one dominates your heart.

Jeremiah 17: <sup>9</sup> The heart *is* deceitful above all *things*, and desperately wicked: who can know it?

### ***But There's a Better Approach for your emotions, CHANGE YOUR HEART.***

Luke 6: <sup>45</sup> **A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh.**

We must change our heart by changing what we feed our soul.

Galatians 5: <sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

Ephesians 4: <sup>31</sup> Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: <sup>32</sup> And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Psalms 51: <sup>10</sup> Create in me a clean heart, O God; and renew a right spirit within me.

## ***III. A Better Approach for Your Peace (Change Your MIND)***

1 Peter 3: <sup>11</sup> Let him eschew evil, and do good; let him seek peace, and ensue it.

Why is peace so elusive, so hard and difficult to find?

Proverbs 16: <sup>25</sup> There is a way that seemeth right unto a man, but the end thereof *are* the ways of death.

Romans 7: <sup>21</sup> I find then a law, that, when I would do good, evil is present with me.

The reason why we can't find peace is because we're looking for the wrong peace.

We want to get along with everyone. We want the drama, trouble, struggle, and conflict to stop. We want people to just act right, think right, love right, be right. But that's the wrong peace.

Matthew 10: <sup>34</sup> **Think not that I am come to send peace on earth: I came not to send peace, but a sword. <sup>35</sup> For I am come to set a man at variance against his father, and the daughter against her mother, and the daughter in law against her mother in law. <sup>36</sup> And a man's foes *shall be* they of his own household.**

We're trying to fix something that Christ came to break; we're trying to find something that Christ never came to give; "World Peace"!

**But there a Better Approach for your peace, CHANGE YOUR MIND!**

John 14: <sup>27</sup> **Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.**

Philippians 2: <sup>5</sup> Let this mind be in you, which was also in Christ Jesus:

Isaiah 26: <sup>3</sup> Thou wilt keep *him* in perfect peace, *whose* mind *is* stayed *on thee*: because he trusteth in thee.

Philippians 4: <sup>6</sup> Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. <sup>7</sup> And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

If you want to change your mind, change what you are thinking about!

Philippians 4: <sup>8</sup> Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things.

- The Better Approach for your tongue, CHANGE YOUR EARS! Revelation 2:17 <sup>17</sup> **He that hath an ear, let him hear what the Spirit saith unto the churches; ...**
- The Better Approach for your emotions, CHANGE YOUR HEART. Luke 6: <sup>45</sup> **A good man out of the good treasure of his heart bringeth forth that which is good; ...**
- The Better Approach for your peace, CHANGE YOUR MIND. John 14: <sup>27</sup> **Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.**

## A Better Approach (Changing The Unchangeable)

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### Midweek Study Lesson Plan (Sermon: A Better Approach (Changing The Unchangeable))

#### Lesson Text

- 1 Peter 3:10–11

#### Sermon Outline (Notes)

- I. *A Better Approach for Your Tongue (Change Your Ears)*
- II. *A Better Approach for Your Emotions (Change Your Heart)*
- III. *A Better Approach for Your Peace (Change Your Mind)*

#### Questions (What was your main takeaway from Sunday's Sermon?)

##### I. Getting to Know "Me"

1. What is your favorite holiday memory?
2. What is the strangest gift you have ever received?

##### II. Into the Bible

1. Read James 1:26. According to this verse, how can an unbridled tongue affect one's witness in a relationship?
2. Read Matthew 15:17-20. What is the connection between the heart and the mouth? Give examples of what we should be feeding on. How will we know when our heart has changed for the better?

##### III. Life Application

1. When angry our tendency is to lash out with hurtful words to make our point. Is it possible to express the same information to make our point but with the fruit of the Spirit guiding our words? How?
2. From the message, what do you see yourself most in need of at this moment? a) A better approach for your tongue? b) A better approach for your emotions? c) A better approach for your peace? Make a plan to meet that need.