



November 17-18, 2007

## **“Forget ‘Bout It!”**

Hebrews 12:12-15; James 4:1-3

### **Anatomy of a Conflict**

1. Avoiding conflict is unavoidable.
2. Conflict becomes an X-ray of our heart.
3. We will flee, fight, or face a conflict.

### **Progression of a Conflict**

1. I Desire
2. I Demand
3. I Judge
4. I Punish

### **Commitment to Conflict Resolution**

1. Choose a commitment to peace. (12:14a)
2. Choose to glorify God. (12:14b)
3. Choose not to ignore the grace of God. (12:15a)
4. Choose to weed my heart often. (12:15b)

### **Four Promises of Forgiveness:**

1. I will not dwell on this again.
2. I will not bring it up again.
3. I will not talk to others about this.
4. I will not allow this to stand between us.