

"O Holy Fight." Navigating Conflict this Christmas

By Scott Kedersha Thriving Marriages Email - November 26, 2021

Following these 3 principles of conflict resolution can turn your marital fight into opportunities for relational growth.

Every significant relationship will face challenges with communication and conflict resolution. This holds true for couples, families, friends, and co-workers. Married couples who at times, struggle with this, are not unique. Paul tells us in 1 Corinthians 7:28 that *"those who marry will face many troubles in this life, and I want to spare you this."*

Communication and conflict struggles are heightened during the holidays. Along with the good times come countless opportunities for relational challenges. This holiday season, by following these three principles of healthy, biblical conflict resolution, you can turn the communication challenges of family into opportunities for relational growth.

1) You don't have to fight and argue over every, little, itty, bitty thing.

Maybe it's the pressure of the holiday season, but for some reason, we're prone to argue and nitpick over the small things. This especially holds true with the ones we love the most. Whether it's our favorite college football team, the way we cook the turkey, or when we open Christmas gifts, we can and will fight and argue over anything and everything.

Proverbs 19:11b says, *"It is to one's glory to overlook an offense."* This means sometimes we can simply overlook our differences. This doesn't mean we ignore sin or tolerate someone harming us, but it does mean we can choose to overlook something small or simply a preference.

1 Corinthians 13:7 says love believes all things. This means when we love someone, we choose to believe the best about them not assume the worst. Believe the best and choose to overlook minor offenses.

2) Choose to fight!

OK, which is it, Scott? Stop fighting or start fighting? Yes.

While we need to stop nitpicking over the little things, as followers of Christ, sometimes we're just too nice, and hate ourself for it. Yes, we're supposed to be kind and gentle, but other times we're too nice to each other.

Get into a healthy argument. Feel free to disagree with someone else when it comes to football or politics. It's OK and healthy to sometimes engage in an others-honoring debate. You can disagree about religion and politics in a loving, God-honoring way. Challenge each other in a kind way instead of being nice, boring, polite Christians. Just remember # 1 above.

3) Don't grumble or complain

Whether you overlook an offense or choose to fight, do so without complaining or arguing. It's too hot. Too cold. I'm too busy. I'm hungry. I'm bored. We complain too often. When we do, we do not shine like lights in the world. Rather, we snuff the lights out. Instead of whining and complaining like the rest of the world, what if we chose to do be joyful and gracious. We don't need to be fake or pretend, but most of us can grow in doing all things without grumbling or complaining.