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Ten Commandments for Difficult Conversations

I. Pray for Peace and for Progress

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God Philippians 4:6

II. Don’t Assume Their Motivation

The purposes of a man’s heart are deep waters, but a man of understanding draws them out Proverbs 20:5

III. Deal with the Problem Quickly

Do not let the sun go down while you are still angry Ephesians 4:26

IV. Deal with the Problem Privately

If your brother sins against you, go and show him his fault, just between the two of you Matthew 18:15

V. Listen Before Answering

Be quick to listen, slow to speak, and slow to become angry James 1:19

VI. Tame Your Tongue

Reckless words pierce like a sword, but the tongue of the wise brings healing Proverbs 12:18

VII. Ignore Petty Insults

A fool shows his annoyance at once, but a prudent man overlooks an insult Proverbs 12:16

VIII. Seek a Win-Win Solution

Look not only to your own interests, but also to the interests of others Philippians 2:4

IX. Try Forgiveness

Forgive and you will be forgiven Luke 6:37

X. Repay Evil with Good

Bless those who persecute you ... overcome evil with good Romans 12:14, 21

Compiled by Michael Zigarelli. Dr. Zigarelli is a Professor of Leadership and Strategy at Messiah College the editor of Christianity9to5.org.