

# Conquering Conflicts Before They Conquer You

## Life's struggles come in 3 varieties:

1. Interruptions [our best plans can be interrupted]
    - A. Phone calls
    - B. Visitors
    - C. The Unexpected
  2. Inconveniences [interruptions usually involve people –  
Inconveniences usually involve things]
    - A. Something breaks down
    - B. Can't find something when you need it
    - C. Waiting
  3. Irritations [irritations are caused from something that rubs us  
the wrong way]
    - A. Playing phone tag
    - B. Delays
    - C. People- irritable / obnoxious
- ✓ Don't **RESIST** it! [bend- don't blow up or overreact]
  - ✓ Don't **RESENT** it! [don't internalize your anger & frustration]
  - ✓ Don't **RESIGN** to it! [don't set up camp and have a pity party]
  - ✓ Don't **REDUCE** it! [realize what is a big deal]

Is it major or is it minor? Is it just part of everyday life or is it something that is bigger? Is it monumental or is it insurmountable? Is it worth my health, life and relationships?

- Compare it to other problems
- Recognize if it's small stuff
- Don't sweat the small stuff >Prayer: "Lord, help me to be filled with your love, joy and peace in a world that sometimes doesn't offer love, joy and peace. Help me to be filled with love, joy and peace so that when I am squeezed that's what will spill out of me"