



Conflict Pause Card

(Keep this handy during arguments, hard talks, or stressful moments.)

Pause & Pray

James 4:6-8, 10

- “God opposes the proud but gives grace to the humble.
- Submit yourselves therefore to God. Resist the devil, and he will flee from you.
- Draw near to God, and he will draw near to you.
- Humble yourselves before the Lord, and he will exalt you.”

Prayer:

“Lord, help me humble myself, see my own sin first, and respond with grace instead of pride.”

Conflict Check

Before responding, ask:

1. **Am I pausing, or just reacting?**
2. **Am I aiming to win, or to build peace?**
3. **Am I seeing my desires clearly—have they become demands?**

ABCD of Confession

When I’m wrong, I will confess clearly and humbly:

- **Action & Attitude:** “I spoke harshly / I was impatient.”
- **Biblical Language:** Call it what God calls it (anger, selfishness, envy).
- **Cost:** “I embarrassed you / hurt you / made you feel unsafe.”
- **Do:** “Here’s what I’ll do differently this week.”

One Step Forward

- Take 20 minutes to cool down (not to stew).
- Pray James 4:10 before finishing the conversation.
- Commit to return to the issue with humility and a plan for peace.