

Relational Peace

If it is possible, as far as it depends on you, live at peace with everyone. Romans 12:18

We can work on making peace and living in peace with others, but we cannot control other people. We can do our part and accept that some people do not want to make peace with us. When you have inner peace, it is easier to remain peaceful and calm when interacting with others, especially with people who are emotionally difficult or going through a hard time.

- Be kind always. Respond to hurtful words, angry tones, and negative actions with kindness and love. Let your kindness be a gift to sooth the person's emotions. Nurture all the fruit of the spirit!

I've known kindness to break down barriers and change someone's heart.



- Verify remarks with God. A woman asked me to leave a group because I was unkind. She would not even share in what way I was not kind. I asked God for insight. He sent me people and messages for two weeks, continually, thanking me for being so kind. He even had people call to pass on someone's words about my kindness. I later learned she realized I knew she lied about something and I was a reminder of that.

Avoid responding to criticism. Let it go and ask God if that reflects you.



- Laugh at yourself and choose joy when challenged. Don't take things too seriously.

We all make mistakes and when we can laugh about one it stops people from being able to use the mistake as a weapon.

- Forgive others whether they accept it or not. Your part is to apologize and not worry if the other person accepts it or not. Only God can soften their hearts.

- Talk and communicate well. Share good memories, discuss differences peacefully, and choose what will bring a smile to the other person's face. Relax over a favorite warm or cool drink.



- Notice if you are shouting, ranting, crying, or displaying other negative emotions. Release your negative emotions in a healthy way. Ask God to take the pain and hurt away.
- Don't internalize negative words. Avoid replaying words and realize that often a person is passing their anger onto you.

Replace negative words with positive ones others have said or scriptures of God's love for you.

- I've known a few women with a controlling husband who always put them down. Most eventually divorced. Each one felt crushed every day. When I asked any of them about the spouse I could see the man grew up abandoned, neglected, or with great emotional trauma. The insecurity within caused the mental reaction of control. The women who remained and were not crushed saw that inner child and ministered to the hurt they saw. That released them from being hurt.



View people through God's eyes. Some people are still hurt children inside and they cannot respond maturely. Pray for that hurt inner child.

- One mom accused her daughter of being negative and sulky. It turned out the daughter was very concerned about a friend who had cancer. She had made up a story in her head instead of asking her daughter about her day.

Don't make up a story in your head about someone's words or actions. They may never have intended to hurt you, but may have been dwelling on a need of someone else for whom they are praying.

- A woman I know lived with a husband who hated social settings, so she stayed home with him. She kept trying to talk him into going and hoped he'd change. She finally decided she did not need to be miserable, and chose to go without him, letting him know he'd survive alone or could come, and she's pray for him.



Let go of the dream that someone who is almost always negative, controlling, or difficult will change. Instead, be thankful for your blessings and for God's love.

- One mom could not get along with her daughter. She wanted to read bedtime stories to her, take her out shopping and make life a party. When she realized her daughter was quiet, analytical, and preferred a different type of story, she changed her approach and their relationship turned around. They're very close now.



Understand the other person and his or her personality. Is she social oriented, talkative, and spontaneous? Is he bossy and a natural leader, but forgets to thank people? Is she quiet, always slow to make decisions, better with only a few people around, and sensitive? Is he relaxed, witty, diplomatic, but a procrastinator? These four personality types respond differently. Research the types to get along better with people.

Take the pro-active steps to get along with people.

Tips to Help with Relational Peace

1. Allow God to exchange emotional pain and hurt with His love.
2. Listen with your eyes and heart and be engaged in the conversation.
3. If you sometimes feel the whole world is in confusion and chaos choose to recite a Bible verse or sing a hymn that reminds you of God's faithfulness.
4. Be willing to be a bridge to help people live in peace. You might get stepped on, but you will be a connector.
5. When there's conflict, let people give ideas of possible solutions.
6. Seek to understand your neighbors and people from different cultures.
7. Allow your attitude and words to be filled with humility and love.
8. Use your talents to share faith and beauty.
9. Put someone else first Soften your heart with forgiving everyone for any and all wrongs.
10. Plant seeds of love today with your words and actions.
11. Choose to be generous and treat others with compassion
12. Remember to be respectful even under stress or pressure.
13. Show compassion and concern today. You never know what your words might mean to someone.
14. Plan activities that are fun and encourage everyone to relax and enjoy the time together.

