

# Jesus "n" You

Find Him "n" You

## The Conflict Contract

I, \_\_\_\_\_,  
agree to move forward in life by confronting openly,  
but without quarreling. I promise to be kind and to  
be patient with difficult people. I will not allow  
others to control my joy. I will watch what comes  
out of my mouth, reconcile with the person with  
whom I have strife, and overlook all the hurts done  
to me. I promise to allow prayer to play a major part  
in my healing and compliance process. If I find  
myself becoming bitter, angry, prideful, fearful,  
stubborn, or frustrated, I will change that behavior  
immediately. I know that my success is up to me  
allowing Christ to change my heart. I will allow God  
to direct my steps over this situation. If I need  
ministering, I will locate a pastor that I trust from my

local community to minister me.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

The purpose of this contract is to motivate me to change how I handle conflict. This contract holds me accountable for my non-compliance to change.