

# Helping Others Find Peace

Carry each other's burdens, and in this way you will fulfill the law of Christ.

**Galatians 6:2**

People struggling with conflicts or disputes often experience confusion and uncertainty about how to find peace in their situation. While God provides all they need to find genuine peace on their own, they may still need someone to guide them along the way.

Has God positioned you to help someone in your life find peace? If so, this resource will help you love them with Jesus' love, give them Godly direction and make the most of a wonderful opportunity.

As you begin your "assignment" from God, there are two important things you must commit to at every step along the way—both have to do with relationships.

## Keep your Relationships Right

First, you must be growing in your own relationship with Jesus Christ. If you have a relationship with Jesus, take care to keep it fresh and strong. If you do not have a personal relationship with Jesus yet, visit Find Peace with God before continuing with this resource on Helping Others Find Peace. Find Peace with God will help you begin a personal relationship with Him right now.

Second, it is vitally important for you to maintain a relationship of trust and respect with whoever God has called you to help. The relationship you have with others is your "passport" to enter their world. So, it is essential that you guard and protect it.

## Remember your Role

Your role is to help others trust God and follow His principles for peace.

God knows the way to genuine peace and he has given us three essential sources that provide all anyone needs to find peace.

First, he has given us Jesus Christ and the **Good News** of His life, death, and resurrection. Jesus has done everything that is needed for anyone to be at peace with God and find peace with others.

Second, God has given us the Holy Spirit who provides Christians with the **Power** to reconcile broken relationships and to fairly resolve disputes.

And, finally, God has given us **Scripture**. The Bible is the written record of God's truth that those involved in disputes and conflicts can trust and rely on for direction.

## God's Principles for Peace

In 2 Timothy 3:16-17, Christians are told that all Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work. 2 Timothy 3:16-17

God's principles for finding peace are found in the Bible. The Bible is true and is the only reliable source of direction you have to offer. While your opinions or your personal experiences may at times be helpful, people need to hear the truth and the truth comes from God's word.

We have organized God's principles for finding peace in the form of the acrostic, **G.R.A.C.E.** **G.R.A.C.E.** provides a reliable map you can use to help others navigate the conflicts and disputes they are facing.

In summary, the GRACE points are:

**G**lorify God

**R**eject the world and its ways

**A**ccept personal responsibility

**C**onfront others gently

**E**mbrace unity and harmony

## Plan and Prepare to be a H.E.L.P.E.R.

While you must always depend on God for wisdom and direction, you must also be prepared when opportunities present themselves. You may not have a Bible or anything else to guide you when called upon to help someone find peace, so it is important to have a plan.

Proverbs 16:9 says: In his heart a man plans his course, but the LORD determines his steps.

2 Timothy 4:2 says: Preach the Word; be prepared in season and out of season; correct, rebuke and encourage-- with great patience and careful instruction.

You can develop your own plan or you can use the H.E.L.P.E.R. plan we have developed. H.E.L.P.E.R. is easy to remember, easy to apply in any situation, and will help you remember your role.

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Each letter in H.E.L.P.E.R. represents an important point that will provide others with the encouragement and direction they need.

**H**ear them

**E**xplore their world

**L**ead them to Jesus

**P**ray with them

**E**ncourage Godly action

**R**eassure them

Let's examine each of these points more closely so you will be well-prepared to help others find God's peace.

## Hear them!

Hearing what people have to say not only allows you to gather critical information, it also fosters greater trust and strengthens the connection between you. James 1:19 tells us to take note of this: Everyone should be quick to listen...And Proverbs 18:13 tells us: He who answers before listening-- that is his folly and his shame.

Listening sends a clear message that you want to understand. If you think you already know the facts, listen anyway. It will allow you to confirm whether your understanding is accurate, to clarify matters that are uncertain, and to correct any misunderstandings.

A good listener is active, not passive. There are 3 DO NOT's and 3 DO's that will help you listen well and show those you are helping that you really are hearing them.

## Three DO NOT's

1. DO NOT let assumptions, outside reports or personal experience color what you hear.

These may lead you astray because every person and situation is unique.

2. DO NOT allow distractions

These arise inside (what is on your mind) and outside (what is going on around you). If you cannot avoid them, reschedule or relocate.

### 3. DO NOT interrupt

Generally, interruptions distract and waste time. Focus on their words and let them finish unless you must interrupt to avoid a misunderstanding.

## Three DO's

#### 1. DO pay attention.

Look at the person or people. "Listen" to the body language. "Hear" what is not said.

#### 2. DO show that you are listening.

Use body language and gestures to convey your attention. Smile. Nod. Encourage with small verbal prompts: yes, uh huh.

#### 3. DO provide verbal feedback.

Ask clarifying questions. Reflect what has been said by paraphrasing. Summarize periodically.

## Listen to God

Above all, listen to God. While you are listening to others in order to truly hear them, "listen" to God as well to hear what He has to say about the situation. Two verses in particular will help you understand how important this is.

James 1:5 says If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. And John 8:47a says He who belongs to God hears what God says.

While God may not speak to you audibly, He will guide you. Be sensitive to His leading. Ask Him for the wisdom you need and expect Him to provide. He promises He will.

## Explore their World

Exploring their world follows and enhances hearing what they say. You explore by asking thoughtful questions that will reveal not only what happened, but people's hearts as well. The heart is where you will find a person's motivations; what happened provides insight into what they are experiencing. You must have an understanding of both the heart and the circumstances to be an effective helper.

Let's take a look at exploring the heart first – that is, what is going on inside the person – then we'll look at exploring the circumstances – that is, what is happening outside the person.

## Explore Inside -The Heart is the Target

The Bible tells us that the heart is the source of the beliefs, desires and fears.

What causes fights and quarrels among you? Don't they come from your desires that battle within you? James 4:1

The purpose in a man's heart is like deep water, but a man of understanding will draw it out. Proverbs 20:5

The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks. Luke 6:45

The beliefs, desires, and fears that lie within the heart cause us to do what we do and prevent us from doing what we should be doing. If these matters of the heart are not given attention, only superficial, short term solutions are possible. If these are understood and addressed, life and not just circumstances can change.

To enter the person's heart, use Access questions:

Explore how the situation is impacting the people involved. Focus on the person (or people), not the problem. Ask open ended and "now" focused questions. What is on your mind now? How are you feeling now? What would help you now? What do you fear now? These questions show you care and provide the "passport" you need to inquire further.

Use Exploratory questions to understand the heart

Explore beliefs, priorities, fears, feelings, desires, goals, source of security and values. Ask open ended questions that will help you understand what may motivate or hinder them as they seek to follow God and find the peace. Always be gentle, patient and respectful.

## Explore Outside - What Happened

To be an effective helper, you must understand the external circumstances of the conflict or dispute. They are the context in which those involved must act and react. Ask who, what, when, where and how questions.

Remember the admonition of Proverbs 18:17 The one who states his case first seems right, until the other comes and examines him.

As "gaps in the facts" appear, fill them in until the big picture comes into focus. As you go, remember that the report you receive is colored by each participant's personal involvement and heart condition. It may not be completely accurate.

## Lead them to Jesus

Jesus is the absolute best we Christians have to offer anyone. We all need a redeemer to rescue us. That redeemer is Jesus and Scripture clearly tells us that He is the source of peace—not just in conflicts and disputes—but in life.

In Ephesians 2:13-14 we read: But now in Christ Jesus you who once were far away have been brought near through the blood of Christ. For he himself is our peace, who has made the two one and has destroyed the barrier, the dividing wall of hostility.

And in Colossians 2:8 the Apostle Paul says: See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the basic principles of this world rather than on Christ.

People cannot find genuine peace apart from Jesus. Explore with those you are helping where they stand in relationship to Jesus.

## If “Lost,” Introduce Them

If you are helping someone who is not a Christian, point them to Jesus. Share your story. Be the kind of witness Jesus talks about in Acts 1:8:

But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth." Acts 1:8

Also be prepared to share the Gospel. Jesus tells us in John 12:32:

“But I, when I am lifted up from the earth, will draw all men to myself." John 12:32

Encourage them to take the [Peace with God](#) journey that is available under the “Find Peace” section of our website. Perhaps you can even share the experience together!

## If a Believer, But in a “Fog”, Reconnect Them

If you are helping someone who is already a Christian, the stress of conflicts and disputes may have caused them to become disconnected from Jesus. In the midst of discord, the devil works to keep our eyes off Jesus and on ourselves and our circumstances. When we lose sight of the Lord we cannot experience His presence and His promises. Help believers you are working with reconnect with Jesus and experience His love, protection and rest.

And remind them of these two passages of Scripture:

John 15:5 where Jesus says: "I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.

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And Philippians 4:13 where the Apostle Paul declares: “I can do all things through Christ who strengthens me.”

# Pray with Them

Prayer can change people and circumstances. It is the way Christians access the wisdom and power of God. It provides encouragement and comfort.

1 Thessalonians 5:17 tells us to Pray continually;

James 5:16 tells us that the prayer of a righteous man is powerful and effective.

Pray with and for those you are helping, and be sure to encourage them that as they, too, pray for their situation, that their prayers have the following characteristics:

First, that their prayers are Personal - Connected to the other person (or people involved)

Second, that they are Relevant - Specific to Situation (not just general requests)

Third that they are Biblical - Consistent with God’s truth

And, finally, that they are Simple - Understandable and memorable (so they can be prayed continually)

Remind them, and yourself, to always give thanks because gratitude ushers in peace!

Remind them also of the promise of Philippians 4:6-7

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

# Encourage Godly Action

After you have heard, explored, lead, and prayed, encourage godly action. The book of James tells us how vital actions are to the Christian life:

James 1:22 Do not merely listen to the word, and so deceive yourselves. Do what it says.

James 2:17 In the same way, faith by itself, if it is not accompanied by action, is dead.

When helping others find peace, try to discern what God wants them to do. Encourage them to think and pray about what actions would please and honor God. Review the G.R.A.C.E. points for ideas. Be sure the actions you identify are:

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Personal - Right for the situation and all involved in it.

Practical - Doable and not dependent on the actions or responses of others

Biblical - Consistent with what the Bible teaches

You do not have to identify all the steps that need to be taken, just the next step or the next several steps. Always remember that the most effective action at the moment may be to STOP or WAIT.

## Reassure Them

Finally, reassure them. Help people walk by faith, not fear. Remind them of these words from the prophet Isaiah:

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Isaiah 41:10

In the midst of disappointment and discouragement, they may have forgotten who God is and what He has promised those who are His. Help them remember that:

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|---------------------|---|
| <b>God is Love!</b> | He loves everyone involved completely and unconditionally. He cannot love them more because He IS love. He said it and He showed it by sending Jesus. John 3:16. Romans 5:8 |
| <b>God is Here!</b> | The parties to the controversy are not alone. God is with them and will never leave them. Deuteronomy 31:6,8. Matthew 28:20.  |
| <b>God is Able!</b> | Nothing is impossible for Him! He created the world and everything in it. He is more powerful than death itself. Mark 10:27. Ephesians 1:15.                                |

## Good Regardless

Not every controversy will turn out as we might like. God has given humans the freedom to make choices. The fact that one party is faithful does not guarantee that others will be too. Reconciliation, restoration and resolution may not come, but God does not hold a person responsible for the responses of others involved or for the outcome.

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

If a believer follows God's principles for peace as far as possible, Romans 8:28 tells us that good will come... regardless.

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28



That is God's promise to you and to the ones you are pointing to peace.

## Well Done!

Thank you for taking time to go through this resource. We hope you are now better prepared and have a plan to follow. May God richly bless you for your willingness to help others in your life find peace as they navigate their conflict or dispute. And may you someday hear from Jesus these words:

“Well done, good and faithful servant!” Matthew 25:21

Please don't hesitate to Contact Us or Get Help from a Peace Advocate if you need further guidance or have questions.