

## **Study Guide: How Do You Deal With Internal Conflict**

**Pastor Corey A. Duncan Sr.**

*Based on Nehemiah 5:1-7*

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### **Introduction: Understanding Internal Conflict**

In Nehemiah 5, we see how internal conflicts within the community threatened to divide the people. Nehemiah's leadership shows us that with courage, compassion, and Christlike character, we can navigate these difficult situations and work toward restoration. This study guide will help you reflect on how to handle internal conflict in your own life by following Nehemiah's example.

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### **Section 1: Courageous Confrontation**

#### **Key Scripture:**

*"When I heard their outcry and these charges, I was very angry. I pondered them in my mind and then accused the nobles and officials." (Nehemiah 5:6-7)*

Nehemiah didn't avoid the issue when he saw injustice within the community. He recognized that ignoring the conflict would allow it to worsen. He took the bold step of confronting the nobles and officials who were exploiting the people. Courageous confrontation is essential for resolving internal conflict, even when it's uncomfortable.

#### **Reflection Questions:**

1. What internal conflicts are you currently facing that you've been avoiding, and why have you been hesitant to confront them?
2. How do you usually handle confrontation? Are you more likely to avoid it, or do you address it head-on?
3. How could addressing a current conflict in your life with courage bring healing or growth to that situation?

#### **Action Step:**

This week, take time to identify an internal conflict that needs your attention. Pray for the strength and courage to confront the issue directly, trusting God to guide your steps.

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### **Section 2: Engaging Correction with Compassion**

**Key Scripture:**

*"Return their fields, vineyards, olive groves, and houses, and also the interest you are charging them. You are to give it back immediately." (Nehemiah 5:11)*

Nehemiah's correction was not aimed at punishment, but at restoration. He called on the nobles and officials to return what they had unjustly taken from their fellow Jews. His goal was to restore justice and peace within the community. Engaging in correction with compassion means seeking to heal and restore relationships, rather than seeking revenge or alienating others.

**Reflection Questions:**

1. When you correct others, do you do so with the goal of restoring relationships, or is it more about pointing out their mistakes?
2. How can you balance truth and grace when addressing someone who has wronged you?
3. Are there people in your life that you need to approach with compassionate correction? How can you initiate that conversation?

**Action Step:**

This week, if you need to correct someone, approach the situation with a heart of compassion, seeking restoration. Consider how you can offer grace while addressing the issue.

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**Section 3: Consistent Christlike Character****Key Scripture:**

*"But out of reverence for God I did not act like that." (Nehemiah 5:15)*

Nehemiah's leadership was rooted in integrity and humility. Though he had the right to take advantage of his position, he chose not to exploit the people. Instead, he modeled consistent Christlike character by leading with selflessness and compassion. Maintaining Christlike character is essential, especially when navigating internal conflict, as it reflects our faith and values.

**Reflection Questions:**

1. In times of conflict, how do you ensure that your actions and words reflect Christlike character?

2. What are some challenges you face in maintaining your integrity when dealing with difficult people or situations?
3. How can you lead by example, showing consistent Christlike character in your relationships, especially during times of tension?

**Action Step:**

Commit this week to practice integrity in every interaction, especially when faced with conflict. Reflect on how your actions can demonstrate Christlike character, even in difficult situations.

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**Closing Reflection: Applying the Principles**

Nehemiah's response to internal conflict is a powerful example of leadership and faith. By confronting with courage, correcting with compassion, and maintaining Christlike character, he brought healing and restoration to his community. As we navigate conflicts in our own lives, we can follow his example to bring peace and resolution.

**Final Questions:**

- What internal conflict in your life needs attention this week?
- How will you apply courageous confrontation, compassionate correction, and Christlike character to resolve this conflict?
- How can you lean on God's wisdom and strength to guide you through this process?

**Challenge for the Week:**

This week, choose one area of conflict in your life and commit to handling it with courage, compassion, and integrity. Seek God's guidance and wisdom as you work toward peace and restoration.

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May this guide encourage you to face internal conflicts with faith and strength, trusting that God will bring healing as you apply these principles.