

*Ps 46:10 NIV*  
*"Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth."*

### **The Three Front War for a God Honoring, High Quality Life**

*Both internal and relational conflict can be caused by any one or a combination of the following:*

- A. *External causes (circumstances)* – ie. a frenetic schedule; trouble with family or work, financial pressures; a traumatic event
- B. *Physical causes* – ie. a chemical imbalance; poor diet; lack of exercise; fatigue; chronic illness
- C. *Emotional causes/ Spiritual causes* – ie. addiction; abuse; abortion; rage; depression; jealousy; apathy; laziness; loneliness; sorrow, rebellion; guilt; grudges; grief; fear; ungodly thinking; demonic control; secret sin; idolatry

**\*Often it is best and easiest to address the *external* and *physical* causes of conflict first, in order to have the energy and focus to address the *emotional* and *spiritual* causes.**

*Ps 32:1-5 NIV*  
*Blessed is he whose transgressions are forgiven, whose sins are covered. 2  
Blessed is the man whose sin the LORD does not count against him and in  
whose spirit is no deceit.*

*3 When I kept silent, my bones wasted away through my groaning all day long.  
4 For day and night your hand was heavy upon me; my strength was sapped  
as in the heat of summer.*

*5 Then I acknowledged my sin to you and did not cover up my iniquity. I said,  
"I will confess my transgressions to the LORD"-and you forgave the guilt of  
my sin.*

