

# To Confront Or Not To Confront

Should I or shouldn't I confront people who have traumatized my life?

To confront or not confront is often an emotionally charged issue. Some people can confront offenders, and some can't. Confronting people who have victimized us in the past is a personal decision that only we can make.

**To confront or not confront is a matter of personal responsibility.** Paul writes in *Romans 12:18* "If possible, so far as it depends on you, be at peace with all men." The writer of Hebrews exhorts believers in Christ to "Pursue peace with all men, and the sanctification without which no one will see the Lord. See to it that on one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled." *Hebrews 12:14-15*

**You have chosen to become better and not be bitter over what happened to you.** You have worked hard to push through your pain and receive the healing, restoring love of Jesus Christ. You are being set free from the heartache that manipulative, abusive people have inflicted upon you. YOU ARE AT A GOOD PLACE.....CHOOSING TO LOOK FORWARD AND NOT BACKWARD!

*"Brethren I do not regard myself as having laid hold of it yet; but one thing I do, FORGETTING WHAT LIES BEHIND AND REACHING FORWARD TO WHAT LIES AHEAD, I press toward the goal for the prize of the upward call of God in Christ Jesus."*  
*Philippians*  
*3:13-14*

**To confront or not confront has to do with whether confrontation helps us move forward or sets us back in our healing process.** Being at peace with all men, especially those who have hurt you, is no easy task. Note Paul tells us that as so far as it depends on us, we are to pursue peace. That doesn't mean the other party will pursue peace with us. Most often they choose not to. **Regardless of another's response, what is important is your healing/restoration process.**

*As much as possible, we need to set aside our feelings and base confrontation on biblical principles and common sense. As you study the Word of God, the Holy Spirit will direct your path and show you how "to speak the truth in love" if necessary (Ephesians 4:15).*

Sometimes it is wise and appropriate to confront. At other times it is not.

The following guidelines will help you make a prayerful, careful decision as whether to confront or not.

## When Not To Confront

God put within the human spirit a desire for justice to prevail. We so much want to make wrong things right. Especially when victimizers have hurt us or the people we love. Users and abusers need to pay for their sins against us. We want someone to cry “foul ball” with us when we have been victimized.

Confrontation seems to be the way to clear the air and clean up the mess created by offenders. The Bible is very clear about things not being hidden, but revealed and dealt with appropriately. Most times I believe God would have us confront sinners and their sins. *But there are times when confrontation might not be the best course of action.*

**Listed below are a few reasons for not considering confrontation.**

- When your personal motives are not right. Payback is not the right reason for confrontation. Payback belongs to God. (Romans 12:19-21).
- When confrontation sets you back in your healing process.
- When confrontation creates confusion instead of clear, forward movement in your life.
- When confrontation will only adversely affect innocent people.
- When confrontation creates more problems that it solves.
- When the legal system will not support your confrontation.
- When you don't have a green light from God to confront.

## When To Confront

Sometimes confrontation of offenders is critical to our continued healing process. Complete closure may not come unless we confront those who caused us pain and shamed our lives. Confrontation may shut the final door on our painful experience.

When God is healing our hearts and setting us free to live pain and shame free, it is vital to our victory and wholeness in Christ to make what I call “Go Forward” decisions.

*“Then Joshua said to the people **“GO FORWARD.....”** Joshua 6:7.* It was time for God's chosen people to enter the Promised Land. They could only do that by

refusing to look backwards and choosing to go forward by faith and obedience to fulfill God's plan for their life.

*Like Israel, our future is forward. We need to continue to make go forward decisions when God heals our hearts and set us free from past pain.*

**When it comes to confronting the past and people who hurt us, there are some key questions I need to answer to insure that I continue to go forward with my healing process and restored life in Christ.**

### **Confrontation Checklist**

- ✓ What are my motives in confrontation? Closure? Make a wrong right? Resolution/ Reconciliation? Protection of innocent people? Revenge? Pay back?
- ✓ How do I feel about confrontation regardless of how family and friends may feel?
- ✓ What is my expectation for confrontation? My goal would be \_\_\_\_\_.
- ✓ Will confrontation hinder or help my healing process? Create closure or confusion?
- ✓ Who needs to know? What do they need to know? Why do they need to know? Why now?
- ✓ What would be the short-term and long-term effects of confrontation?
- ✓ Should I seek legal counsel before considering confrontation?
- ✓ Will confrontation protect innocent victims from a predator?
- ✓ What would Jesus have me to do regarding confrontation? If I am to confront, how do I do it? What specific course of action do I take? Who assists me?
- ✓ How will I know that confrontation or non-confrontation was the right choice? Peace of God? Confirmation of trusted Christian friends and counselors? Reconciliation with offenders?

*“But if any of you lacks wisdom, let him ask of God, who gives to all men generously and without reproach, and it will be given to him.”* *James 1:5*

God, I need your wisdom to confront ( Name ): \_\_\_\_\_  
\_\_\_\_\_.

This is how I plan to confront ( Name ): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

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