Preparation for Mediation

There are several steps you can take to prepare for your upcoming mediation. You will find a standard mediation agenda on the next page, that outlines the steps of the process.

1. **Opening Summary**: Early in the process, we will ask each of you to describe briefly what you hope to see happen as a result of this mediation. This should be an overview, or summary, of the situation from your perspective; there will be opportunity later to go into detail. Feel free to bring notes to help you with this introductory statement.

2. **Prepare your “story:”** You will have an opportunity to describe the problems that need to be resolved. Organizing this chronologically or topically will help your listeners follow along. Feel free to bring notes, perhaps listed as bullet points.

3. **Log-and-speck list**: In keeping with Matthew 7:5, please prepare a “Log list” of things you have done which have been hurtful, harmful or sinful in this situation. Then, please prepare a “Speck list” of things the other person has done which have been hurtful, harmful or sinful in this situation. Be willing to share these with the others in the mediation.

4. **Your confession**: You will have an opportunity to confess your “logs” in the mediation, as the Spirit leads. Beforehand, please confess each sin to God as the Spirit reveals them to you, and receive His forgiveness (I John 1:9). Then, consider what you can confess from the heart to the other during the mediation, and think about how you want to word this. Feel free to bring written materials to assist you.

5. **Your forgiveness:** You may have an opportunity to forgive the other person if they confess with repentance. Please prepare your heart ahead of time to forgive, as God in Christ has forgiven you, so that you can express words of forgiveness if appropriate.

**Support person:** We recommend that each participant in Christian mediation enlist a support person who will pray them through this process. This person should be someone other than your spouse, who will devote themselves specifically to praying for *you* in this mediation. You don’t have to tell them details of the conflict, but you might tell them where you’re struggling to be God-like, so they can pray specifically for you. This is a spiritual battle and we need prayer partners who will join us in the fight.

The Guidelines for Christian Conciliation state that the purpose of this process is to glorify God by helping people resolve disputes in a conciliatory rather than an adversarial manner, both by facilitating the resolution of substantive issues, and also by seeking to reconcile those who have been alienated by conflict, helping them learn how to change their attitudes and behavior to avoid similar conflicts in the future. That is our prayer for this process, and we hope that everything we do is in accordance with these purposes.

Please let me know if you have any questions about any of this. We are looking forward to working with you to pursue peace.

Mediation Agenda

**G**reetings: Our introduction to the mediation process

Proposed Ground rules:

1) Speak honestly, in love. (Ephesians 4:25/Colossians 3:9)

2) Speak respectfully, saying only what is helpful for building others up, that it may benefit those who listen. (Ephesians 4:29)

3) Be quick to listen, slow to speak, and slow to become angry. (James 1:19)

4) Do not speak out of selfish ambition or vain conceit, but rather, in humility, value others above yourselves. (Philippians 2:3)

5) Do not judge another person’s motives. (I Samuel 16:7)

**O**pening summaries from each party: What is the problem, and what do you want to see God accomplish through this process?

**S**torytelling

Positive traits of the other

“Log-and-speck list” or at least one contribution to the problem

Forgiveness if possible

**P**roblem identification – discussion of problems that need to be resolved

**E**xplore solutions – steps to be taken

**L**ead to Agreement – draft a written document of future steps