



Photo Credit: ©Canva Pro Photos

7 WAYS TO LOVE YOUR FAMILY WHEN YOU **DISAGREE** POLITICALLY

BY WHITNEY HOPLER



IN TODAY'S POLARIZED WORLD, POLITICAL DIFFERENCES OFTEN CREATE SIGNIFICANT FAMILY DIVIDES.

Photo credit: ©GettyImages/milan2099

You may be stressed by conversations at the dinner table or by what your family posts on social media if they're pushing political candidates or agendas you don't support yourself. Differing political views can feel like insurmountable obstacles to family unity. However, God's love is much greater than political opinions. God – who far transcends the politics of any place and time in history – calls you to love others unconditionally. Jesus says that the two greatest commandments are to love God with all your heart, soul, mind, and strength and to love your neighbors as yourself (Mark 12:30-31).

These commandments apply equally to your family members, regardless of their political affiliations. Loving your family through political disagreements is not just about maintaining peace; it's about living out your faith in a way that honors God and reflects his love to others. Here are seven ways to love your family when you disagree politically.

1. SEEK TO **UNDERSTAND** BEFORE BEING UNDERSTOOD

One of the most important steps in loving your family members when you disagree politically is to understand their perspective before insisting on your own. [James 1:19](#) reminds you: "Everyone should be quick to listen, slow to speak, and slow to become angry." This verse highlights [the importance of listening well](#), especially when emotions run high. When you take the time to truly listen to your family members' views, you show them that you value them as individuals, not just as opponents in a debate. Listening with empathy helps to build bridges of understanding and can soften the tensions that often arise in political discussions. Understanding their views doesn't mean you have to agree with their positions. Instead, it simply means acknowledging their feelings, experiences, and the reasons behind their opinions. Doing so opens the door to more respectful and constructive conversations, demonstrating God's love in the process.

Key Bible Verse TO REMEMBER

James 1:19: "Everyone should be quick to listen, slow to speak, and slow to become angry."



Photo credit: ©GettyImages/kupicoo

2. FOCUS ON COMMON GROUND



Photo credit: ©GettyImages/Anchiy

While political differences can be stark, it's essential to remember that there is often [more that unites us than divides us](#) – especially within a family. [Philippians 2:2](#) encourages you to be "like-minded, having the same love, being one in spirit and of one mind." This unity doesn't mean uniformity in thought but a shared commitment to love and mutual respect. Instead of zeroing in on disagreements, try to focus on the values you share with your family members. For example, you may all agree on the importance of family, hard work, or the need for compassion in society.

You can reinforce your bond by highlighting these shared values and creating a foundation for more fruitful discussions. Finding common ground also involves recognizing that your identity as God's children through relationships with Jesus is far more significant than any political affiliation. [Ephesians 4:4-6](#) points out: "There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one [faith](#), one [baptism](#); one God and Father of all, who is over all and through all and in all." This shared faith is the ultimate common ground. It transcends political differences and unites you all as members of God's family.

Key Bible Verses TO REMEMBER

Philippians 2:2: "Then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind."

Ephesians 4:4-6: "There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all."

3. PRACTICE HUMILITY AND GRACE

Humility is a key virtue for dealing with political disagreements within families. [Philippians 2:3-4](#) urges you: "Do nothing out of selfish ambition or vain conceit. Rather, in humility, value others above yourselves, not looking to your own interests but each of you to the interests of the others." Practicing humility means recognizing that we don't have all the answers and that our perspectives are limited. In political conversations, asserting your opinions as the absolute truth can be tempting.



Photo credit: ©GettyImages/Ivan Pantic

However, approaching these discussions with humility allows you to admit when you don't know something, consider the possibility that you might be wrong, and appreciate the wisdom others might offer – even if their political views differ from yours. Grace is closely related to humility. [Colossians 4:6](#) advises: "Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone." When you [extend grace to your family members](#), you create a space where they feel safe to express their opinions without fear of judgment or ridicule. Grace allows you to disagree without being disagreeable, to correct without condemning, and to love without conditions.

Key Bible Verses TO REMEMBER

Philippians 2:3-4: Do nothing out of selfish ambition or vain conceit. Rather, in humility, value others above yourselves, not looking to your own interests but each of you to the interests of the others.

Colossians 4:6: Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.



Photo Credit: ©iStock/Getty Images Plus/PeopleImages

4. PRAY FOR YOUR FAMILY MEMBERS

Prayer is a powerful way to love your family members, especially when you disagree with them politically. [Prayer shifts your focus](#) from the contentious issues at hand to the reality that God is ultimately in control. The Bible urges you in [1 Timothy 2:1-2](#): "I urge, then, first of all, that petitions, prayers, intercession, and [thanksgiving](#) be made for all people – for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness."

Praying for your family members – regardless of their political views – helps align your heart with God's will and promotes a spirit of peace in your home. When you pray, ask God to soften your heart and the hearts of your family members, [give you all wisdom](#), and help you all love each other as God loves you all. Prayer helps you to trust that God is working in the lives of your family members, even when you don't see immediate results.

Key Bible Verse TO REMEMBER

1 Timothy 2:1-2: "I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness."

5. SHOW UNCONDITIONAL LOVE AND ACCEPTANCE

Unconditional love and acceptance are essential to maintaining healthy family relationships – especially in the middle of political disagreements. [Romans 5:8](#) points out: "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us." This verse describes the depth of God's unconditional love through [Jesus' ultimate sacrifice that saved us](#). This unconditional love can inspire you to love your family members, no matter what. Loving unconditionally means accepting your family members as they are without trying to change them to fit your political views. It involves respecting their right to hold different opinions and refraining from letting political disagreements overshadow the love you have for each other. Demonstrating unconditional love reflects [Jesus'](#) heart and creates an environment where genuine relationships can thrive despite political differences. Unconditional acceptance also means celebrating your family's unique perspectives and experiences. Recognize that each person brings something valuable to the table and that diversity of thought can lead to richer, more meaningful conversations. Embracing your family's individuality promotes mutual respect and strengthens the bonds that unite you, regardless of your family's political opinions.

Key Bible Verse TO REMEMBER

Romans 5:8: But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.



6. ENCOURAGE OPEN AND RESPECTFUL DIALOGUE

Encouraging open and respectful dialogue is essential for maintaining healthy relationships in a family that experiences political disagreements. [Proverbs 15:1](#) advises: "A gentle answer turns away wrath, but a harsh word stirs up anger."



Photo credit: ©GettyImages/MixMedia

It's important to maintain a [peaceful](#) and respectful tone during political discussions with your family. Creating an environment where everyone feels heard and valued requires setting boundaries for your conversations. Agree to discuss political topics at designated times only (so stressful discussions don't spill over into your other conversations) and in constructive ways rather than confrontational ways. Encourage each other to express thoughts and feelings honestly, without the fear of being judged. This can help prevent conflicts from escalating and help you all feel more connected, even when you disagree. Also, being open to learning from one another can transform political disagreements into opportunities for growth. Ask questions, seek clarification, and show genuine interest in your family members' viewpoints. By doing your best to create an atmosphere of curiosity and respect, you can turn potentially divisive conversations into meaningful exchanges that strengthen your relationships and honor God.

Key Bible Verse TO REMEMBER

Proverbs 15:1: A gentle answer turns away wrath, but a harsh word stirs up anger.

7. KEEP AN ETERNAL PERSPECTIVE

Finally, keeping [an eternal perspective](#) when dealing with political disagreements in your family is vital. While political issues are important, they are temporary and earthly concerns. In contrast, your relationship with God and your family members as God's children has eternal significance. Jesus says in [Matthew 6:33](#): "But seek first his kingdom and his righteousness, and all these things will be given to you as well." So, your primary focus should be on God's kingdom and [living in holy ways](#) that honor your eternal God. This means prioritizing love, kindness, and unity over political victory or being right in an argument. [Romans 14:19](#) offers wisdom for maintaining an eternal perspective: "Let us therefore make every effort to do what leads to peace and to mutual edification." Instead of allowing political differences to create division, focus on what builds up your family and brings peace. Remembering that this world is not your ultimate home can help you to hold your political views loosely and cherish your relationships more deeply.

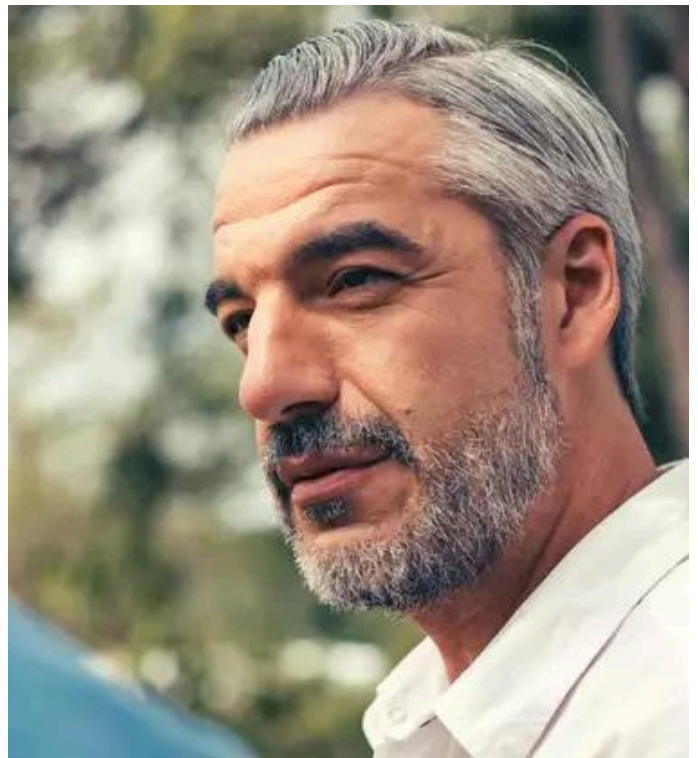


Photo credit: ©GettyImages/WinnieVinzence

In conclusion, loving your family when you disagree politically is challenging but also an opportunity to live out your [faith](#) well. Ultimately, your [faith in God](#) transcends politics. God calls you to love your family like he does. That love is not contingent on agreeing with your family. It's rooted in the identity you all share as children of God. By focusing on loving your family, you can preserve family harmony when you disagree politically and show those who know you God's unifying love in action. Let your family relationships shine brightly as examples of God's love overcoming all barriers – including political differences.

Key Bible Verses TO REMEMBER

Matthew 6:33: But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Romans 14:19: Let us therefore make every effort to do what leads to peace and to mutual edification.

ABOUT THE AUTHOR

WHITNEY HOPLER

Whitney Hopler is the author of the [Wake Up to Wonder book](#) and the [Wake Up to Wonder blog](#), which help people thrive through experiencing awe. She leads the communications work at [George Mason University's Center for the Advancement of Well-Being](#). Whitney has served as a writer, editor, and website developer for leading media organizations, including Crosswalk.com, The Salvation Army USA's national publications, and Dotdash.com (where she produced a popular channel on angels and miracles). She has also written the young adult novel [Dream Factory](#). Connect with Whitney on [X/Twitter](#) and on [Facebook](#).

