

REPAIRING RELATIONSHIPS
R.E.C.O.V.E.R. Your Capacity to Love- Part 9

Evaluate all my relationships. Offer forgiveness those who've hurt me and make amends for harm I've done to others except when to do so would harm them or others.

"Get rid of all bitterness, rage, and anger...along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."
Eph. 4:31-32.

PART 1: FORGIVE THOSE WHO'VE HURT ME

WHY?

1. Because God has forgiven me !

"Never hold grudges. Remember, the Lord forgave you, so you must forgive others." Col 3:13 (LB)

2. Because resentment doesn't work.

To worry yourself to death with resentment would be a foolish, senseless thing to do." Job 5:2 (GN)

"You are only hurting yourself with your anger!" Job 18:4 (GN)

"Some men stay healthy till the day they die...others have no happiness at all; they live and die with bitter hearts." Job 21:23-25.

3. Because I need forgiveness in the future.

"When you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive you your sins too." Mark 11:25 (LB)

HOW?

1. Reveal my hurt.

Make a list of those who've harmed me and what they said...thought...did.

2. You release the offender.

"How many times should I forgive my brother when he sins against me? ...
Jesus answered, "not seven times, but seventy times seven times!"
Mark 18:21-22

"Empty chair" technique

3. Replace my hurt with God's peace

"Let the peace of Christ rule in your hearts..." Col 3:15

PART 2: MAKE AMENDS TO THOSE I'VE HURT

WHY?

"Watch out that no bitterness takes root among you, for as it springs up it causes deep trouble hurting many in their spiritual lives. Heb. 12:15 (LB)

HOW?

1. Make a list of those I've harmed and what I did.

Debts? Broken promises? Over controlling? Over possessive? Hypercritical? Abusive verbally? Emotionally? Physically? Forgetting? Unfaithful? Lying?

2. Think how I'd like others to make amends to me.

"Do to others as you'd have them do to you." Luke 6:31

The right time.

"There is a right time and a right way to do everything." Ecc. 8:6 (GN)

The right attitude.

"Speak the truth in a spirit of love." Eph. 4:15

Is it appropriate?

"Thoughtless words can wound as deeply as any sword, but wisely spoken words can heal." Prov. 12:18

"If it is possible, as far as it depends on you, live at peace with everyone."
Rom. 12:18

3. Refocus my life.

"Put your heart right, reach out to God....then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more." Job 11:13-16 (GN)