



# Life's Healing Choices

## Repairing Relationships – The Relationship Choice

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We are able to find healing in our lives when we embrace **healing** choices.

The Biblical blueprint for making healing choices is provided by Jesus in the **Beatitudes** (Matthew 5:3-10)

Unhealthy relationships bring harm to our **emotional, mental** and **spiritual** stability.

Frequently, our remedy for unhealthy relationships is to allow them to **fail**.

Each of us in the course of a relationship will encounter two needs:

...the need to **forgive**.

...the need to be **forgiven**.

**Matthew 5:7** *They are blessed who show mercy to others, for God will show mercy to them.*

**Matthew 5:9** *They are blessed who work for peace, for they will be called God's children.*

6<sup>th</sup> Healing Choice – evaluate all my relationships, offer forgiveness to those who have hurt me, and make amends for harm I've done to others, except when to do so would harm them or others.

### Three Reasons to Forgive

#### 1. God has forgiven **you**.

**Colossians 3:12-14**

<sup>12</sup> Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. <sup>13</sup> Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. <sup>14</sup> And over all these virtues put on love, which binds them all together in perfect unity.

You will never have to forgive anybody else **more** than God has already forgiven you.

#### 2. **Resentment** doesn't work.

**Job 5:2** *Surely resentment destroys the fool, and jealousy kills the simple.*

**Job 21:23-25** *Some people die in the prime of life, with everything going for them— fat and sassy.*

*Others die bitter and bereft, never getting a taste of happiness.*

*They're laid out side by side in the cemetery, where the worms can't tell one from the other.*

#### 3. You will need **forgiveness** in the future.

**Mark 11:25** *But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too.*

### Three Steps of Forgiveness

#### 1. I **reveal** my hurt.

You can't get over the hurt until you **admit** the pain.

#### 2. I **release** the offender.

**Matthew 18:21-22** *At that point Peter got up the nerve to ask, "Master, how many times do I forgive a brother or sister who hurts me? Seven?" <sup>22</sup> Jesus replied, "Seven! Hardly. Try seventy times seven.*

#### 3. I **replace** my hurt with God's peace.

**Colossians 3:15** *And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.*

*Turning Point . . .*

**The Relationship Choice is possible when we decide . . .**

. . . to let go of our hurt, and make **room** for God to put His Peace in our hearts.

... to not be a people pleaser, but commit to doing what is **honorable, right, honest**, and above **criticism** in God's eyes.

**Romans 12:17-19** *Don't mistreat someone who has mistreated you. But try to earn the respect of others,<sup>18</sup> and do your best to live at peace with everyone.<sup>19</sup> Dear friends, don't try to get even. Let God take revenge. In the Scriptures the Lord says, "I am the one to take revenge and pay them back."*

## **Our Challenge...**

**Seekers** – Making the relationship choice of repairing broken relationships is a process and I might say a difficult one. To experience victory in such a difficult process requires you to have a partnership with God. That partnership begins with the simple step of inviting Christ into your heart through a prayer like this:

*“Heavenly Father I **admit** that I have left you out of my life, but this morning, I **believe** that Christ is your Son and that He died for my sin of rejecting you and that you raised Him from the dead. I **confess** Him to be my Lord and Savior. In Jesus' Name, Amen*

**Believers** – simply ask God,

*“Heavenly Father, **point** out any place where I have gotten off **track** in repairing broken relationships. In Jesus' Name, Amen*