

## Recovering from Life's Hurts, Habits & Hang-ups

### Repairing Relationships - November 2, 2008

#### R.E.C.O.V.E.R.Y.

**R**ealize I am not God and in control

**E**arnestly believe God exists and I matter to Him

**C**onsciously choose to commit all my life to Christ's care and control

**O**penly examine & confess my faults to God, to myself & to someone I trust.

**V**oluntarily submit to every change God wants to make in my life.

Evaluate all my relationships; \_\_\_\_\_ to those who've hurt me and \_\_\_\_\_ for harm I've done to others except when to do so would harm them or others.

Ephesians 4:31-32

#### I. Forgive those who have hurt me

##### A. Why forgive?

1. Because \_\_\_\_\_  
Unconditionally, Freely, Completely, un-Historically, Costly

2. Because unforgiveness will \_\_\_\_\_  
Hebrews 12:15

##### B. How do I forgive?

1. \_\_\_\_\_ my hurt  
Make a list of those who've harmed me and what they said, thought or did.

2. \_\_\_\_\_ my offender

#### Empty Chair or Letter

I forgive (*person*) for (*specific hurt*) and causing me to feel \_\_\_\_\_.  
I am willing to pay for the emotional pain and consequences that you caused me. Starting today, I forgive you because God has forgiven me and because I don't want my resentment to destroy me.

3. \_\_\_\_\_ forgive  
Matthew 18:21-22 – How many times are we to forgive?

4. \_\_\_\_\_

#### II. Ask those I've hurt to forgive me

##### A. Why make amends?

Matthew 5:23-24

##### B. How to make amends

1. Make a list of those I've harmed and what I did  
unpaid debts? broken promises? overcontrolling?  
overpossessive? hypercritical? abusive verbally,  
emotionally, physically? forgetting? unfaithful? lying?
2. Be considerate
  - How would I like others to make amends to me?  
Luke 6:31 – "Do to others as you would have them do to you."
  - Consider the timing – When is the best time for them?  
Ecclesiastes 8:6 – There is a right time and right way to do everything
  - Will this just make things worse?
  - Proverbs 12:18 – Thoughtless words can wound as deeply as any sword, but wisely spoken words can heal.
3. Be specific – "I was wrong in \_\_\_\_\_"
4. Be responsible  
focus on my part; no excuses or attempts to justify myself