

NORTH HILLS NOTES

GETTING HEALTHY AGAIN: RESTORING RELATIONSHIPS

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STEP 6: Evaluate all my relationships, offer forgiveness to 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.

PART 1: I MUST **FORGIVE** THOSE WHO HAVE **HURT** ME

WHY:

- Resentment doesn't work

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

- Because God has forgiven me

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

- Because I need forgiveness in the future

"If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins." Matthew 6:14 (NLT)

HOW:

1. ADMIT **MY HURT**.

- Repress it: "It never happened."
- Ignore it: "I don't want to deal with it."
- Suppress it: "It's no big deal... really, it's over."

2. 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.'

Matthew 18:21-22 (NLT)

- The empty chair
- Write a letter you don't mail

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3. PURSUE **GOD'S PEACE**.

"And let the peace that comes from Christ rule in your hearts. For as members of one body you are all called to live in peace." Colossians 3:15 (NLT)

"If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand..." Philippians 4:7 (NLT)

"May the Lord of peace Himself always give you His peace no matter what happens." 2 Thessalonians 3:16 (NLT)

PART 2: I MUST **MAKE AMENDS** TO THOSE **I'VE HURT**.

WHY:

"When people work for peace in a peaceful way they receive the good results of their right living." James 3:18 (GN)

HOW:

1. REMEMBER **THOSE I'VE HARMED**.

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

2. MAKE **AMENDS**.

"So if you are standing before the altar in the Temple, offering a sacrifice to God, and you suddenly remember that someone has something against you, leave your sacrifice there beside the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God." Matthew 5:23-24 (NLT)

- With humility
- With no excuses
- With restitution
- With sensitivity

3. REFOCUS **ON DOING GOD'S WILL**.

"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)