

THE ROAD TO R.E.C.O.V.E.R.Y.

“Repairing Relationships”

Step 1: **R**ealize that I’m not God. I admit I’m powerless to control my tendency to do the wrong thing and my life is unmanageable.

Step 2: **E**arnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.

Step 3: **C**onsciously choose to commit all my life and will to Christ’s care and control.

Step 4: **O**penly examine and confess my faults to myself, to God and to someone I trust.

Step 5: **V**oluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.

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 where 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.”

Ephesians 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.”

Colossians 3:13

2. Because **RESENTMENT DOESN’T WORK**

“To worry yourself to death with resentment would be a foolish, senseless thing to do.”

Job 5:2

“You are only hurting yourself with your anger.”

Job 18:4

“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 will 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

HOW DO I FORGIVE THOSE WHO’VE HURT ME?

1. **REVEAL** my hurt

Make a list of those who’ve harmed me and what they said, thought and did

2. **RELEASE** my offender
"How many times should I forgive my brother when he sins against me?...Jesus answered, 'not seven times seven, but seventy times seven!'" Matthew 18:21-22
3. **REPLACE** my hurt with God's peace
"Let the peace of Christ rule in your hearts" Colossians 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."
 Hebrews 12:15

HOW DO I MAKE AMENDS?

1. Make a list of those I've harmed and what I did.
2. Think how **I WOULD 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" Ecclesiastes 8:6
 - * The right **ATTITUDE**
"Speak the truth in a spirit of love" Ephesians 4:15
 - * Is it **APPROPRIATE?**
"Thoughtless words can wound as deeply as any sword, but wisely spoken words can heal." Proverbs 12:18
"If it is possible, as far as it depends on you, live at peace with everyone." Romans 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 away from your memory, like floods that are past and remembered no more." Job 11:13-16