

# The Relationship Choice

## (The Road to Recovery- Part 6)

Pastor Dave Nichols, Grace Point Church, February 21, 2016

*"Happy are those who are merciful to others...Happy are those who work for peace" Matthew 5:7,9 (TEV)*

### Why should we forgive others?

#### 1. God has \_\_\_\_\_

*"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." Ephesians 4:31-32(ESV)*

#### 2. \_\_\_\_\_ doesn't work.

*"Resentment kills a fool and envy slays the simple." Job 5:2 (NIV)*

*"Some people stay healthy till the day they die... Others have no happiness at all; they live and die with bitter hearts." Job 21:23-25 (GNT)*

#### 3. I will need \_\_\_\_\_ in the future.

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

### How do we forgive others?

#### - I \_\_\_\_\_ my hurt.

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

#### - I \_\_\_\_\_ the offender.

*"How often should I forgive someone who sins against me?"...Not seven times, " Jesus replied, "but seventy times seven!" Matthew 18:21-22 (NLT)*

#### - I \_\_\_\_\_ my hurt with God's peace.

*"Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my friends, but leave room for God's wrath, for it is written: 'It is mine to avenge; I will repay,' says the Lord." Romans 12:17-19 (NIV)*

### How do we make amends?

#### 1. Make a list of the people \_\_\_\_\_ and what I did to them.

#### 2. Think how I would like someone to \_\_\_\_\_ to me.

*"Do to others as you would like them to do to you." Luke 6:31 (NLT)*

### How to ask for forgiveness?

#### - Do it with the right \_\_\_\_\_

*"There is a right time and a right way to do everything." Ecclesiastes 8:6 (TEV)*

#### - Do it with the right \_\_\_\_\_

*"Speak the truth in love." Ephesians 4:15 (NLT)*

#### - Do it without \_\_\_\_\_

#### - Do it in an \_\_\_\_\_

*"Thoughtless words can wound as deeply as any sword, but wisely spoken words can heal." Proverbs 12:18 (TEV)*

#### - Make \_\_\_\_\_ wherever possible.

#### 3. Refocus my life on \_\_\_\_\_ in my relationships, starting now.

*"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, 15-16 (TEV)*