

LIFE'S HEALING CHOICES

The RELATIONSHIP Choice: Part 6

I 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.

Matthew 5:7 (TEV) "Happy are those who are merciful to others."

Matthew 5:9 (TEV) "Happy are those who work for peace."

3 Reasons to Forgive:

1. God has Forgiven me

Colossians 3:13 Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

2. Resentment doesn't work.

Job 18:4 You may tear out your hair in anger...

Job 21:25 Another man dies in bitterness of soul...

3. I 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.

3 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 Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" "No, not seven times," Jesus replied, "but 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.

Romans 12:17-19 Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. Do all that you can to live in peace with everyone. ¹⁷ Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. ¹⁸ Do all that you can to live in peace with everyone. Dear friends, never take revenge. Leave that to the righteous anger of God.

How to Make Amends:

- Make a list of the people I have Harmed and what I did to them.
- Think how I would like someone to make Amends to me.

Luke 6:31 Do to others as you would like them to do to you.

How to Ask Forgiveness:

- **Do it at the right Time.**

Ecclesiastes 8:6 for there is a time and a way for everything, even when a person is in trouble.

- **Do it with the right Attitude.**

Ephesians 4:15 Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church.

- **Do it without Expectations.**

- **Do it in an appropriate way.**

Proverbs 12:18 Some people make cutting remarks, but the words of the wise bring healing.

- **Make Restitution wherever possible.**