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REPAIRING RELATIONSHIPS The Road to Recovery

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Part 7 of 9

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

Step 1: **R**ealize I'm not God; I admit I am powerless to control my tendency to do the wrong thing and my life is unmanageable (REALITY).

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

Step 3: **C**onsciously choose to commit all my life and will to Christ's care and control (COMMITMENT).

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

Step 5: **V**oluntarily submit to every change God wants me to make in my life and humbly ask him to remove my character defects (TRANSFORMATION).

Step 6: **E**valuate 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 (REPAIR).

"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." Eph. 4:31-32

I. 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." Col. 3:13 (TLB)

2. Because resentment doesn't work.

Resentment is: unreasonable
unhelpful
unhealthy

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

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"It's foolish to harbor a grudge" Eccl. 6:9

"You are only hurting yourself with your anger!" Job 18:4 (GNB)

"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

Research has shown that the unhealthiest emotion people have is resentment.
"It's not so much what you eat, it's what eats you that matters."

3. Because I 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 (TLB)

Resentment blocks feeling God's forgiveness in your life. The Bible says we cannot receive what we are unwilling to give.

HOW?

1. Reveal my hurt.

There is no closure without disclosure.

Make a list of those who've harmed me and what they said ... thought ... did.

2. Release my offender.

You don't wait for them to ask for forgiveness. You do it whether they ask for forgiveness or not because you're doing it for your sake, not for theirs.

"How many times should I forgive my brother when he sins against me? ... Jesus answered, 'not seven times, but seventy times seven times!'" Mark 18:21-22

"Empty Chair" technique

3. Replace my hurt with God's peace.

"Let the peace of Christ rule in your hearts ..." Col. 3:15

II. MAKE AMENDS TO THOSE I'VE HURT

WHY?

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Because unresolved relationships are the root of your problem and they prevent recovery from happening.

“Watch out that no bitterness takes root among you, for as it springs up it causes deep trouble hurting many in their spiritual lives.” Heb. 12:15 (TLB)

HOW?

1. Make a list of those I've harmed and what I did.

Debts? Broken promises? Overcontrolling? Overpossessive? Hypercritical? Abusive verbally? emotionally? physically? Forgetting? Unfaithful? Lying?

2. Think how I'd 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.” Eccl. 8:6 (GNB)

- The right attitude

“Speak the truth in a spirit of love.” Eph 4:15

- Is it appropriate?

“Thoughtless words can wound as deeply as any sword, but wisely spoken words can heal.” Prov. 12:18

“If it is possible, as far as it depends on you, live at peace with everyone.” Rom 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 from your memory, like floods that are past and remembered no more.” Job 11:13-16 (GNB)

Notice there are 3 steps to refocusing your life:

1. Put your heart right – release and forgive
2. Reach out to God.
3. Face the world again.

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You don't withdraw, you don't hide on a shelf, you resume living, you take chances. You say: "I'm not a victim anymore."