

Andy Deane • 4/24/22
Relationship Reset: Dealing with Past Hurts

Is there a relationship in your life in need of a reset? Think about how things are going with your family, friends, neighbors, or co-workers. Today we'll learn how to reset from our past hurts and next week we'll discuss dealing with current problems in these relationships.

WHY SHOULD I FORGIVE SOMEONE WHO HURT ME?

#1 Forgive, because God pursued forgiveness with us.

Romans 5:1, *Since we have been justified through faith, we have peace with God through our Lord Jesus Christ.*

#2 Forgive, because not forgiving hurts us badly.

Ephesians 4:31-32, *31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

Hebrews 12:15, *"See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble..."*

#3 Forgive, because God is a righteous judge.

Romans 12:17-19, *17 Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. 18 If it is possible, as far as it depends on you, live at peace with everyone. 19 Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.*

Forgiveness is a decision to trust God with justice.

Forgiveness is NOT:

- Excusing (It's always wrong)
- Denying (Don't pretend you're not hurt)
- Feeling (You can forgive regardless of feelings)
- Forgetting (This isn't the same thing)
- Trusting (It doesn't mean someone is now trustworthy)
- Reconciling (That takes action from both sides)
- Optional (God commands us to forgive)

"For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins." (Matthew 6:14-15)

A Prayer Template for Forgiveness:

"Father, I've been hurt by _____. I know that you care about me so please comfort and heal this pain. I myself am a sinner that should be

punished, but you forgave me because of Jesus. Help me to extend forgiveness to _____. I trust that you are a righteous judge so I'll leave justice & vengeance to you. I know you love me, please help me to love _____. In Jesus name, amen."

WHAT IF I'M THE ONE WHO CAUSED THE PAIN?

Matthew 5:23-24, 23 "Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, 24 leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift."

God calls us to try and make things right (to reconcile).

How do we attempt to repair the damage of our sin?

- Admit wrongdoing
- Apologize
- Ask for forgiveness
- Accept the consequences
- Alter your behavior

WHAT CAN WE DO THIS WEEK?

Decide to forgive one person that has hurt us in the past (use the prayer template above to talk to God about it).

Attempt to repair the damage of our sin by reconciling with one person (use the 5 A's mentioned above as a guide).