

**Andy Deane • 5/1/22**  
**Relationship Reset: Dealing with Current Problems**

**Last week we discussed dealing with past hurts using:**

- Tool #1 Forgiveness
- Tool #2 Repairing Damage

Today we'll see that the Scriptures give us further tools we can use to pursue healthy change in toxic relationships.

**Tool #3: Honest Conversations**

Be honest about what's broken in the relationship so both of you can discuss what changes are needed to fix it.

**If change is what you desire, you need to be honest:**

- Ephesians 4:15, *Instead, speaking the truth in love, we will grow to become in every respect the mature body...*
- Proverbs 27:6, *Wounds from a friend can be trusted...*

**Tool #4: Establish Boundaries**

Boundaries help us preserve our souls and limit the relationship's damage to give you time and space to heal.

- Boundaries are based on the idea of our freedom to make choices
- Boundaries are necessary to prevent harm to us  
(Proverbs 18:24, *One who has unreliable friends soon comes to ruin...*)
- Boundaries should have fair consequences  
(Titus 3:10, *Warn a divisive person once, and then warn them a second time. After that, have nothing to do with them.*)
- Boundaries help people take responsibility and grow  
(Galatians 6:7, *...A man reaps what he sows.*)
- Boundaries help us tell the truth about ourselves

**Let's clear up a few myths about boundaries:**

- Boundaries are selfish (no they aren't)
- Boundaries hurt others (no they don't)
- Boundaries aren't allowed (yes they are)
- Boundaries are permanent (they don't have to be)

**Fear is what prevents us from setting boundaries:**

Fear of abandonment, their anger, loneliness, payback, or approval.

**That's why it's hard to develop proper boundaries apart from supportive relationships with God & others.**

- 1 John 4:16 - *And so we know and rely on the love God has for us. God is love...*

- To learn more about this topic read [Boundaries](#) by Dr. Henry Cloud.

### **Tool #5: Set Goals**

Goals aim us at what a healthy relationship could be and what needs to change before boundaries are renegotiated.

### **Remind them what a healthy relationship looks like:**

- 1 Thessalonians 5:11, *Therefore encourage one another and build each other up, just as in fact you are doing.*

### **Goals help you be proactive about fixing a relationship:**

- God doesn't want passive people, but active seekers.
- Matthew 7:7-8, "...Ask...Seek...Knock..."

### **Relationships are all messy:**

Expect that, and be gracious with broken people (even when they cross your boundaries).

### WHAT CAN WE DO THIS WEEK?

Who do you need to have an honest conversation with about your relationship with them being broken?