

THE RELATIONSHIP CHOICE

Life's Healing Choices: The Beatitudes - Part 6

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

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

Evaluate all my relationships. _____ to those who've hurt me and _____ for harm I've done to others except when to do so would harm them or others.

"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.

PART 1: FORGIVE THOSE WHO'VE HURT ME.

WHY?

1. Because _____

"Never hold grudges. Remember, the Lord forgave you, so you must forgive others." Col. 3:13

2. Because _____

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

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

"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.

3. Because _____

"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

HOW?

1. _____ my hurt.

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

2. _____ my offender.

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

"Empty chair" technique

3. _____ my hurt with God's peace

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

PART 2: MAKE AMENDS TO THOSE I'VE HURT

WHY?

"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

HOW?

1. Make a list of those _____ and what I did.

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

2. Think how _____ others to make amends to me.

"Do to others as you'd have them do to you." Luke 6:31

• The right _____

"There is a right time and a right way to do everything." Eccl. 8:6

• The right _____

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

• Is it _____?

"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. _____ 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

Next Sunday:

THE GROWTH CHOICE

Life's Healing Choices: The Beatitudes

Pastor Saro Khachikian