*A group of people posing for the camera

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REPAIRING RELATIONSHIPS - the RELATIONSHIP choice

Life’s Healing Choices: The Beatitudes

Small Groups – Week 6

*I evaluate all my relationships, offer forgiveness to those who have hurt me, and make*

*amends for the harm I’ve done to others, except when to do so would harm them or others.*

**Catching Up**

1. Were you able to read chapter 5 in Life’s Healing Choices this week? Share your thoughts on Dovey’s and John’s stories.
2. In our last session, we asked you to write the verses from the studies and read them 3x day. How did this exercise impact you this week?

**Key Verse**

“Happy are those who are merciful to others… Happy are those who work for peace.”

Matthew 5:7,9 (TEV)

**Repairing relationships - The Relationship Choice**

“Happy are those who are merciful to others…” Matthew 5:7 (TEV)

***This statement is about forgiving those who have hurt us.***

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

***This statement is about asking for forgiveness and making amends with those we have hurt*.**

**Three Reasons to Forgive**

1. God has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

“Be gentle and ready to forgive; never hold grudges.

Remember, the Lord forgave you, so you must forgive others.”

Colossians 3:13 (TLB)

***You will never have to forgive anybody else more than God has already forgiven you.***

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_doesn’t work.

“To worry yourself to death with resentment would be a foolish, senseless thing to do.”

Job 5:2 (GNT)

“You are only hurting yourself with your anger.

Will the earth be deserted because you are angry?

Will God move mountains to satisfy you?”

Job 18:4 (GNT)

“Some people stay healthy till the day they die; they die happy and at ease,  
    their bodies well-nourished. Others have no happiness at all; they live and die with bitter hearts.”

Job 21:23-25 (GNT)

***Hanging onto anger, bitterness, resentment and unforgiveness only hurts you.***

***You need to forgive for your own good.***

1. I will need \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the future.

“When you are praying, first forgive anyone you are holding a grudge against,

so that your Father in heaven will forgive your sins, too.”

Mark 11:25 (NLT)

***You need to forgive other people because you’re going to need God’s forgiveness in the future,***

***and you don’t want to burn the bridge you’ve got to walk across.***

**Three Steps of Forgiveness**

1. I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ my hurt.

***You can’t get over the hurt until you admit the pain.***

1. I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the offender.

***Don’t wait for them to ask for forgiveness, because they might never ask.***

***Remember, you are doing this for your sake, not theirs.***

“How often should I forgive someone who sins against me?” …

“No, not seven times,” Jesus replied, “but seventy times seven!

Matthew 18:21-22 (NLT)

***You’ll know you have released them when you can think about them and it doesn’t hurt anymore, when you can pray for God’s blessing on their life. This may take years, depending on how deep the hurt is. Forgiving them does not mean you allow them to keep hurting you. It doesn’t mean going back into an abusive or dangerous relationship. But it does mean that you must release those who have hurt you so you can be healed.***

1. I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ my hurt with God’s peace.

“Let the peace of Christ rule in your hearts.” Colossians 3:15 (NIV)

***When you let go of your hurt, you make room for God’s peace.***

“Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. If it is possible, as far as it depends on you, live at peace with everyone. 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.”

Romans 12:17-19 (NIV)

***This doesn’t mean you have to be a people pleaser.***

***It means you must do with is honourable, right, honest and above criticism.***

**How to make amends**

1. Make a list of the people \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and what I did to them.

* Do I owe a debt to anyone?
* Have I broken a promise to anyone?
* Am I guilty of over-controlling or being over-possessive to anyone?
* Have I been verbally, physically or emotional abusive to anyone?
* Have I been unfaithful to anyone?
* Have I lied to anyone?

1. Think how I would like someone to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to me.

“Do to others as you would like them to do to you.” Luke 6:31 (NLT)

**How to ask for forgiveness**

* Do it with the right \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

“There is a time and a right way to do everything…” Ecclesiastes 8:6 (TEV)

* Do it with the right \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

“Speak the truth in Love Ephesians 4:15 (NLT)

* Do it without \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

***Focus on only your part, and don’t expect anything back***

***from the person you’re trying to make amends to.***

* Do it in an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ way.

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

Proverbs 12:18 (TEV)

***Think carefully about what you will say and how you will say it. Ask yourself if to make***

***amends will do more harm than good. Be sure to consider any possible collateral damage.***

* Make \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ wherever possible.

***If you’ve taken something, return it. If you owe somebody money, pay it back.***

***There may be somethings you cannot restore, but don’t underestimate the power of a sincere apology.***

1. Refocus my life on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in my relationships,

starting now.

“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 (TEV)

***You will need to plug into Jesus Christ. Not only will he give you the strength to forgive others, he will also give you the wisdom, humility, and courage to face your past and make amends where you can.***

Discovery Questions

***These questions focus on forgiveness and making amends. Remember, forgiving others does not mean you allow them to keep hurting you. It doesn’t mean going back into an abusive or dangerous relationship. But it does mean that you must release those who have hurt you so that you can be healed.***

1. Focus on the ‘why’ of this next question, not ‘who’ offended you or the details of what they did. WHY is it so hard to forgive people who have hurt you?

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1. Re read Matthew 18:21-22. What does this verse tell you about fairness and forgiveness?

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1. Who is somebody you need to forgive? How will it affect you if you forgive them?

How will it affect you if you don’t forgive them?

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1. Who is somebody you need to make amends to?

What is the first step you can take to make it right?

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**Living on Purpose: Ministry**

God never wastes a hurt. He can use the painful lessons you’ve learnt to touch the lives of others. This is called ministry. You’ll talk more about this in Choice 8, but for now, start looking for ways to begin serving other people today- in your home, your group or your church. You’ll find it easier to forgive the hurts of the past if your focus is less on yourself and more on helping others. This is not about denial; it’s about being ‘transformed by the renewing of your mind’ (Romans 12:2) and choosing to look forward, so that the past loses its power over you.

**Putting it into Practice**

It’s not enough just to know you’ve been hurt or that you’ve hurt others. You need to do something about it. This week get together with your Accountability Partner and share your forgiveness list and amendments with them. Choose one person on each list and make a plan to offer forgiveness or make amends. Then pray with your partner and ask them to hold you accountable to follow through with your plan.

**Prayer Direction**

1. Share your prayer requests and pray for one another before you close the group meeting
2. Commit to praying for the members of your group this week as they begin taking these steps towards repairing broken relationships. Pray that God will help them accept the things they cannot change, give them courage to change the things they can and grant them the wisdom to know the difference.

**Diving Deeper**

The week read chapter 6 of Life’s Healing Choices and be ready to share your thoughts in your next session. Pay particular attention to the stores from Carl and Bill at the end of the chapter.

*This book is available to purchase in various formats from Amazon UK*

https://www.amazon.co.uk/Lifes-Healing-Choices-Revised-Updated-ebook/dp/B00AHEBEJU/ref=sr\_1\_12?dchild=1&keywords=lifes+healing+choices&qid=1587371910&s=digital-text&sr=1-12

**My Notes**

CCCWL website - [www.cccwl.co.uk](http://www.cccwl.co.uk)

(Please visit the Knowing Jesus Page)

CCCWL Prayer email - [prayer@cccwl.co.uk](mailto:prayer@cccwl.co.uk)

CCCWL Office email - [office@cccwl.co.uk](mailto:office@cccwl.co.uk)

**Answer Key**

1. God has FORGIVEN ME.
2. RESENTMENT doesn’t work.
3. I will need FORGIVENESS in the future.
4. I REVEAL my hurt.
5. I RELEASE my offender.
6. I REPLACE my hurt with God’s peace.
7. Make a list of the people I HAVE HARMED and what I did to them.
8. Think how would like someone to MAKE AMENDS to me.

* Do it at the right TIME.
* Do it with the right ATTITUDE.
* Do it without EXPECTATIONS.
* Do it in an APPROPRIATE way.
* Make RESTITUTION wherever possible.

1. Refocus my life on DOING GOD’S WILL in my relationships, starting now.