

3. ~~Because I need forgiveness~~ in the future.

"If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins."

-Matthew 6:14 (NLT)

How?

1. ~~Admit my hurt.~~

- suppress it: "It's no big deal...really, it's over."
- ignore it: "I don't want to deal with it."

2. ~~Release the 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 (NLT)

3. ~~Pursue God's peace.~~

"And let the peace that comes from Christ rule in your hearts. For as members of one body you are all called to live in peace." -Colossians 3:15 (NLT)

"If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand..." -Philippians 4:7 (NLT)

"May the Lord of peace Himself always give you His peace no matter what happens."

-2 Thessalonians 3:16 (NLT)

Part II. I must make amends to those I've hurt.

Why?

"When people work for peace in a peaceful way they receive the good results of their right living." -James 3:18 (GN)

How?

1. ~~Remember those I have harmed.~~

"If it is possible, as far as it depends on you, live at peace with everyone." -Romans 12:18 (NIV)

2. ~~Make amends.~~

- with humility
- with no excuses
- with restitution
- with sensitivity

"So if you are standing before the altar in the Temple, offering a sacrifice to God, and you suddenly remember that someone has something against you, leave your sacrifice there beside the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God." -Matthew 5:23-24 (NLT)

3. ~~Refocus my life on God.~~

"Put your yeart 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

Small Group Discussion Questions:

1) Pastor John said that we are to forgive those who have hurt us because resentment doesn't work. Can you share an experience when you hung on to resentment? How did it make you feel?

2) This week we were encouraged to right down names of people who have hurt us. Who immediately came to mind? Why?

3) Share about a time when you pursued God's peace. How did it go? How did it feel? **OR** share about a place in your life where you need to pursue God's peace.

4) Have you had an experience making amends with someone? How did it go?



Redeeming Notes

Series: **Getting Healthy Again**
Title: "Restoring Relationships" (part 6 of 8)

Pastor John Niewald November 4, 2007

"Blessed are the peacemakers." -Matthew 5:9 (NIV)

Step 6: Evaluate all my relationships, of 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.

1. I must forgive those who have hurt me.
2. I must make amends to those I've hurt.

Part I. I must forgive those who have hurt me.

Why?

1. Resentment doesn't work.

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

-Job 5:2 (GN)

2. Because God has forgiven me.

"Never hold grudges. Remember the Lord forgave you, so you must forgive others."

-Colossians 3:13 (LB)