

Fixing Fragmented Relationships

Eph 4:29-32; James 5:16

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- 1) What happens if I don't face the facts of a fracture?
 - a) You lose **influence** in other lives. Ephesians 4:29
 - b) You lose **fellowship** with God. Matthew 5:23-24
 - c) You may **lose** the relationship.
- 2) How can fix the foundation and repair the fracture?
 - a) Forgiveness *Ephesians 4:30-32*
 - i) Why forgive?
 - (1) Because **God has forgiven you** - *Col 3:13*
 - (2) Because **resentment** makes it worse.
 - (3) Because you will need **forgiveness again** - *Mark 11:25*
 - ii) How can I forgive?
 - (1) **Recognize** the offense
 - (2) **Release** the one who hurt you - *Matthew 18:21-22*
 - (3) Replace my **pain** with God's peace. Col. 3:15; Romans 12:19
 - b) Confession
 - i) What **did I do?**
 - ii) What would I want? Luke 6:31: "Do to others as you'd have them do to you."
 - iii) What **should I do?**
- 3) What happens if I don't forget the fracture?
 - a) **Repetition** only worse.

Are you holding on to past hurts?