

**RESTORING BROKEN RELATIONSHIPS**  
**#SermonRestoration**  
**Building Healthy Relationships - Part 4**  
**Dr. Mark Jackson - May 19, 2019**

**Matthew 5:7, 9** **Happy** are those who are merciful to others... <sup>9</sup> **Happy** are those who work for peace... (TEV)

**Four Steps For Healthier Relationships**

**1. REVEAL MY HURT**

**Psalm 39:2-3** I kept very quiet... but I became even more upset. <sup>3</sup> I became very angry inside, and as I thought about it, my anger burned... (NCV)

**Psalm 32:3** When I kept things to myself, I felt weak deep inside me. I moaned all day long. (NCV)

**Job 18:4** You are only hurting yourself with your anger! (GN)

**1 John 1:7** But if we are living in the light of God's presence, just as Christ does, then we have wonderful fellowship and joy with each other... (LB)

**2. RELEASE THOSE WHO HURT ME**

**Romans 12:17, 19** Never pay back evil for evil... <sup>19</sup> Never avenge yourself. Leave that to God. For He has said that He will repay those that deserve it... (LB)

**Psalm 56:8** You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book. (NLT)

**1 Peter 2:23** When Jesus suffered, He did not threaten to get even; He left His case in the hands of God... (LB)

**Hebrews 12:15** ...A bitter spirit is not only bad in itself but can also poison the lives of many others. (PH)

**3. REPLACE MY HURT WITH GOD'S PEACE**

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

**Philippians 4:7** If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and

your hearts **quiet and at rest** as you **trust in Christ Jesus**. (TLB)

**2 Thessalonians 3:16** May the **Lord of peace** Himself always **give you His peace no matter what happens**. (LB)

#### **4. REFOCUS ON THE FUTURE**

**Isaiah 43:18** The Lord says, "**Forget** what happened before. **Do not think about the past**." (ICB)

**Job 11:13-16** **Put your heart right, reach out to God...** <sup>14</sup> **Put away evil** and wrong from your home. <sup>15</sup> Then **face the world again**, firm and courageous. <sup>16</sup> Then all your troubles will fade from your memory, like floods that are **past and remembered no more**. (TEV)