

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... ⁹ **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. ³ 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... ¹⁹ 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...** ¹⁴ **Put away evil** and wrong from your home. ¹⁵ Then **face the world again**, firm and courageous. ¹⁶ Then all your troubles will fade from your memory, like floods that are **past and remembered no more**. (TEV)