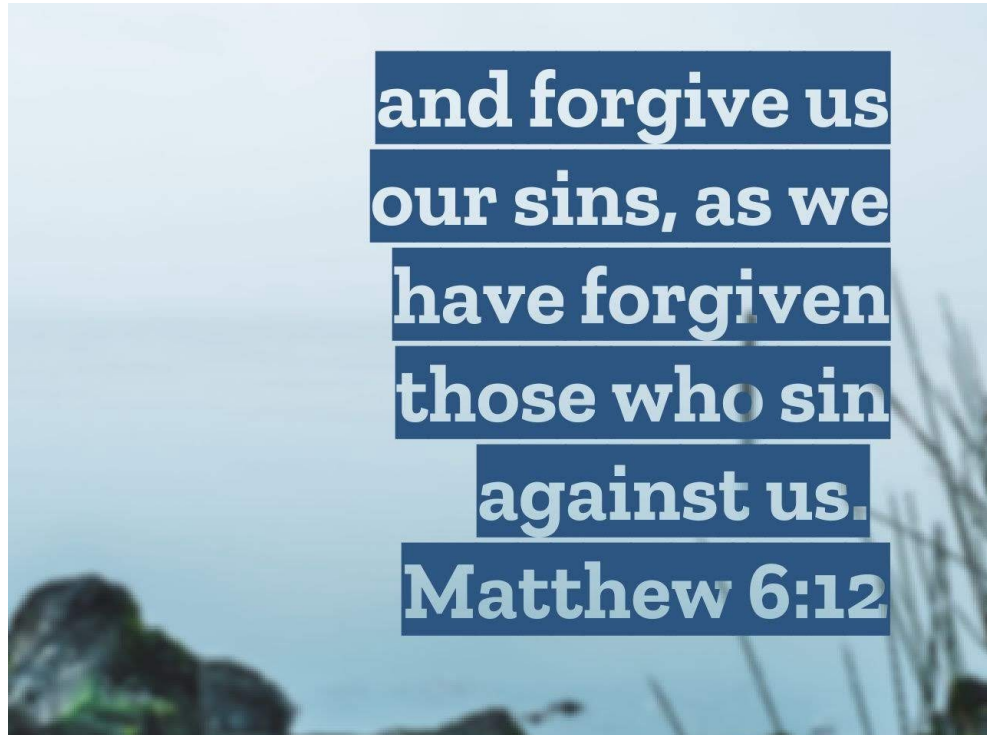


Week Eight Life's Healing Choices - Healing Choice Six - The Relationship Choice - Session One



Healing Choice 6 The Relationship Choice

Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when to do so would harm them or others. (Steps 8 & 9)

- "Happy are the merciful." Matthew 5:7
- "Happy are the peacemakers." Matthew 5:9

Key points:

- ✓ An unforgiving heart results in depression, despair, and discouragement.
- ✓ We go to others and make amends. We actively pursue and seek forgiveness of those we have hurt and openly communicate forgiveness to those we have hurt. Wisdom must be used.

What Does Forgiveness Look Like?

1. Resist taking _____ (Rom. 12:19).
2. Do what is _____ towards them. (1 Thess. 5:15).
3. _____ those who have hurt you. (Luke 6:28).
4. _____ with them at their calamities (Prov. 24:17).
5. _____ for them (Matt. 5:44).
6. Seek reconciliation when possible (Rom. 12:18)

Why Should You Forgive Others

1. Because God has forgiven you, you are instructed to _____ forgive others (Ephesians 4:32)
2. You should forgive because holding on to _____ is unreasonable, unhelpful and unhealthy - it doesn't work (Job 5:2)
3. Because you will need forgiveness in the _____ you need to forgive others so that you can receive forgiveness from God. (Mark 11:25)

How Do I Forgive Others?

1. By _____ your hurt, you admit the hurt, that is wrong, and that it hurt you.
2. By _____ or forgiving another by your free choice, independent of their actions or words, you close the door on future hurt and receive new freedom.
3. By _____ your hurt with God's peace, you are giving and trusting God to settle the score.

Amends Worksheet

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

This worksheet has been included here so that you can record any amends you become aware of that you need to make as you work through your inventory. At this point, you may only want to write the person's name in the blank and wait to fill in the rest at a later point.

AMENDS are given to people in the past or present that you have taken harmful action towards, to people you have hurt.

FORGIVENESS is extended to people who have hurt you in the past or who are currently hurting you.

Whom do I need to forgive?	To whom do I need to make amends?	For whom do I need to pray?

Why Do You Need to Make Amends?

1. Making amends is about _____ relationship issues that keeps you from personal recovery (Matthew 5:23-24)
2. Making amends helps others _____ bitterness, pain, and heartache.
3. Making amends helps _____ peace and sometimes restores relationships. (Romans 12:18)
4. Making amends is another step towards _____ of your heart by God's hand so you can move forward (Isaiah 43:18-19)

How Do You Make Amends?

1. You make amends by first _____. _____. _____ of those you have harmed and what you did.
2. You _____ how God would like you and also _____ how you would like someone to make amends to you.
3. _____ your life in doing God's will in your relationships (Job 11:13, 15-16).

Remember: Forgiven people forgive people. Unforgiving people are unforgiven people.

Homework assignment:

1. **Make a forgiveness list of people**
2. **Make an amends list of people.**

(End of Week Eight)