



THE WORD *Alive*

The Preaching Ministry of
Ashley River Baptist Church

9 WORDS TO HEAL YOUR RELATIONSHIPS Eph 5:21

“Submit to one another out of reverence for Christ.”

...an attitude of mutual love and humility toward each other.

9 Words that characterize the attitude of mutual submission:

I. HONESTY: I WAS _____

FRACTURED RELATIONSHIPS:

- 1 – **Prevent True Worship** Matthew 5:23-24 “Therefore if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.”
- 2 – **Must Be Addressed Quickly** Eph 4:26-27 “In your anger, do not sin”: do not let the sun go down while you are still angry, and do not give the devil a foothold.”
“THE SUNDOWN RULE”

II. HUMILITY: “PLEASE _____ ME”

To heal the relationship you are willing to : ask for **FORGIVENESS** and **REPENT!**

TRUE REPENTANCE IS MORE THAN:

1. **Regret:** if you had it to do over again, you wouldn't do it.
2. **Remorse:** you know you did the wrong thing, you regret it, and you are genuinely sorry that you did it

TRUE REPENTANCE PRODUCES A CHANGE OF:

- 1 - Heart 2 – Conduct

REPENT: “meta-noia” - “with new direction” or “with new understanding.”

There is never a change of conduct until there is a change of heart.

Repentance is never a one-time thing.

The Bible teaches that:

- 1 - We must **first repent of our sin nature** to be saved.
- 2- We **must be continually repenting** from various sins in our lives if we want to walk in a healthy relationship with God.

The same is true in relationships! You must continually be repenting of your mistakes and tendencies that harm your relationships.

III. HARMONY: “I _____ YOU”

“I hate divorce” says the Lord God of Israel” (Mal. 2:16)

“What God has joined together, don't let man separate.” (Mark 10:9)

Forgiveness is a choice, not an emotion!

BIBLICAL FORGIVENESS IS:

1 - NOT forgetting what happened

God never asks us to forget, but we are commanded to forgive .

Forgiveness is not the same as forgetting

God says, “I am He who blots out your transgressions and remembers your sins no more.” (Is. 43:25) God is a perfect “forgetter” – *we are not!*

You **CAN** forgive someone and still remember what was done.

2. “Letting go” of any desire for him/her to be hurt

“Forgive” - *aphiemi* to “let go” or to “send away,”

“Behold the Lamb of God who takes away the sin of the world.” (John 1:29)

Jesus taught us to pray in the Model Prayer: “Forgive us our sins as (in the same way) we forgive those who sin against us.” (Matt. 6:12)

How do you know that you have truly forgiven someone?

...when you “let go” of the desire for them to be hurt or punished by you.

For Christians, forgiveness is a predetermined choice!

GOD'S PERSONAL FORGIVENESS BRACKETS:

#1. Matthew 6:14-15. “For if you forgive men when they sin against you, your Heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.”

Ephesians 4:32 “Be kind one to another, tender hearted, forgiving one another, even as God, for Christ's sake has forgiven you.”

#2. Matthew 18:21-22. “Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?” Jesus answered, “I tell you, not seven times, but seventy-seven times.”

Be willing to forgive as often as the Father is willing to forgive us !

To forgive the way God forgives, sometimes we must forgive others even if they don't ask.

The only person who can afford the luxury of unforgiveness is the person who doesn't need to be forgiven.

I. HONESTY: “I WAS WRONG”

II. HUMILITY: “PLEASE FORGIVE ME”

III. HARMONY: “I FORGIVE YOU”

INVITATION: Commit today to sincerely try these 9 words and then watch as God uses them to heal your relationships?