

MAKE AMENDS TO THOSE I HAVE HURT

WHY?

Hebrews 12:15 (LB) Look after each other so that not one of you will fail to find God's best blessings. Watch out that no bitterness takes root among you, for as it springs up it causes deep trouble, hurting many in their spiritual lives.

HOW?

1. Make a _____ of those I've harmed and what I did.
2. Think how I'd like someone to make amends _____.

Luke 6:31 (MSG) Here is a simple rule of thumb for behavior: Ask yourself what you want people to do for you; then grab the initiative and do it for them!

THE RIGHT _____

Ecclesiastes 8:6 (TEV) There is a right time and a right way to do everything, but we know so little!

THE RIGHT _____

Ephesians 4:15 (GW) Instead, as we lovingly speak the truth, we will grow up completely in our relationship to Christ, who is the head.

IS IT _____?

Proverbs 12:18 (TEV) Thoughtless words can wound as deeply as any sword, but wisely spoken words can heal.

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

3. _____ my life.

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



LifeNIGHT
Whole People In A Broken World
An Interactive Bible Study Series for Summer 2002

R	Happy are those who know they are spiritually poor. (Matthew 5:3, GN)
	Principle #1: Realize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and my life is unmanageable.
E	Happy are those who mourn. (Matthew 5:4, GN)
	Principle #2: Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.
C	Happy are those who are humble. (Matthew 5:5, GN)
	Principle #3: Consciously choose to commit all my life and will to Christ's care and control.
O	Happy are the pure in heart. (Matthew 5:8, GN)
	Principle #4: Openly examine and confess my faults to myself, to God, and to someone I trust.
V	Happy are those whose greatest desire is to do what God requires. (Matthew 5:6, GN)
	Principle #5: Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.
E	Happy are those who are merciful to others. (Matthew 5:7, GN)
	Principle #6: 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.

Ephesians 4:31-32 (NJB) Any bitterness or bad temper or anger or shouting or abuse must be far removed from you—as must every kind of malice. Be generous to one another, sympathetic, forgiving each other as readily as God forgave you in Christ.

Two important principles for repairing our relationships:

1. _____ those who have hurt me
2. Make _____ to those I have hurt

FORGIVE THOSE WHO HAVE HURT ME

WHY?

1. Because God has _____ me.

- **Colossians 3:13 (LB)** *Be gentle and ready to forgive; never hold grudges. Remember, the Lord forgave you, so you must forgive others.*
- People who feel _____ find it easier to be forgiving.

2. Because _____ doesn't work.

- **Job 5:2 (TEV)** *To worry yourself to death with resentment would be a foolish, senseless thing to do.*
- You always hurt _____ more than the other person. _____ is a waste of energy!
- **Ecclesiastes 7:9 (TEV)** *Keep your temper under control; it is foolish to harbor a grudge.*
- **Job 18:4 (TEV)** *You are only hurting yourself with your anger. Will the earth be deserted because you are angry? Will God move mountains to satisfy you?*
- **Job 21:23-25 (TEV)** *Some people stay healthy till the day they die; they die happy and at ease, their bodies well-nourished. Others have no happiness at all; they live and die with bitter hearts.*

3. Because I will need _____ in the future.

- **Mark 11:25 (LB)** *But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive you your sins too. "*
- We cannot receive what we are unwilling to _____!

HOW?

1. _____ my hurt.

- You can _____ it
- **Psalms 55:12-14 (NJB)** *Were it an enemy who insulted me, that I could bear; if an opponent pitted himself against me, I could turn away from him. But you, a person of my own rank, a comrade and dear friend, to whom I was bound by intimate friendship in the house of God!*

2. _____ my offender.

- **Matthew 18:21-22 (NLT)** *Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" "No!" Jesus replied, "seventy times seven!"*
- Jesus says that forgiveness has to be _____.
- How do you know you have released an offender fully?

- You can't get rid of the _____, but you can get rid of the _____.

3. _____ my hurt with God's peace.

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