

## 4 Actions Every Relationship Needs Repair Wounds

October 22, 2017 / Dan Solofra

<sup>32</sup> *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32, NIV*

If you are a \_\_\_\_\_ and in a relationship you will have wounds that need to be \_\_\_\_\_.

<sup>25</sup> *Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. <sup>26</sup> "In your anger do not sin": Do not let the sun go down while you are still angry, <sup>27</sup> and do not give the devil a foothold. Ephesians 4:25-27, NIV*

\_\_\_\_\_ the pain of a wound keeps it from healing.

The devil wants to make wounds \_\_\_\_\_.

<sup>30</sup> *And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. <sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Ephesians 4:30-31, NIV*

\_\_\_\_\_ \_\_\_\_\_ to the pain of a wound makes it graduate into bitterness and anger.

### Pre-Forgiveness Stage

#### Information Gathering

Anger (denial)

Hurt (denial)

Sin or Hurtful Event

*Repeat - Repeat - Repeat*

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God shows me \_\_\_\_\_ and \_\_\_\_\_ and forgives me. He repairs my relationship with God. Jesus enables me to be kind and compassionate and forgiving to \_\_\_\_\_.

### Forgiveness Stage

Share God's forgiveness

Sinner repents of sin

Point out sin in love

Forgive from the heart, Trust God's justice

Understand Jesus paid for all sins for all people

Appreciate my own forgiveness

Admit my own sin

*\* God intervenes through his Word and the power of the Holy Spirit.*

*Repeat - Repeat - Repeat*

<sup>1</sup> *Follow God's example, therefore, as dearly loved children <sup>2</sup> and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God. Ephesians 5:1-2, NIV*

In our relationships we have the opportunity to \_\_\_\_\_ in the way of \_\_\_\_\_.

### MEMORY VERSE

<sup>32</sup> *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32, NIV*

**My next step:** I will enjoy the forgiveness that God has given me in Jesus and share it in every relationship I have.

What's your next step today?

Mark it on your Communication Card.

## Impact Groups

4 Actions Every Relationship Needs –Repairing Wounds

**Getting Started:** Arrange these 5 things in order of how much they scare you - give a rationale for your answer: haunted houses, horror movies, roller coasters, spiders, telling people about Jesus.

**Heart Check** **Read:** *Ephesians 4:25-27*  
In the movie “A Few Good Men” actor Tom Cruise demanded, “I want the truth!” Jack Nicholson quipped back, “You can’t handle the truth!” These words resonate because they are so true.  
When is it hard for a person to hear the truth?

Agree or disagree. In a Christian relationship is it okay to withhold the truth if we think we are protecting someone?

Agree or disagree. Sometimes if I ignore a problem it just goes away.

Review the Pre-forgiveness stage:

Information Gathering  
Anger (denial)  
Hurt (denial)  
Event  
*repeat – repeat - repeat*

How can this chart help you identify and address an event that you don’t even know is bothering you?

How does the repeat process go on in your head when you don’t forgive someone?

**Christ’s Healing Power** **Read:** *Ephesians 4:32-5:2*

Share God’s forgiveness  
Sinner repents of sin  
Point out sin in love  
Forgive from the heart, Trust God’s justice  
Understand Jesus paid for all sins for all people  
Appreciate my own forgiveness  
Admit my own sin

Explain why these forgiveness steps have to start with admitting my own sin and appreciating my own forgiveness.

Walk through the steps of the forgiveness and explain why each is important.

Why is it also important to repeat the forgiveness steps?

### Make an Impact:

- Here are 5 keys to a successful impact project. What do you think of these? Would you add any? (5 minutes)
  - It meets a need someone/the neighborhood has
  - Your tap into the resources of your neighborhood and involve your neighbors in the process
  - It’s meaningful to your group and matches your skill sets & resources
  - It’s advertised well.
  - It’s easy for neighbors to get involved in different levels

Example: Easy involvement= Give \$5/1 hour  
High involvement= Give \$50/5+ hours
- Look over the list your leader has of 25 Impact Projects. See if there is one that is a fit for your group and neighborhood.

**Close with Prayer**