

**REPAIRING RELATIONSHIPS**  
**The Road to Recovery - Part 6**  
**Pastor K. Doug Allen**  
*(Taken from the Series by Pastor Rick Warren)*

**R.E.C.O.V.E.R.Y.**

- **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.
- **Earnestly** believe that God exists, that I matter to Him, and that He has the power to help me recover.
- **Consciously** choose to commit all my life and will to Christ's care and control.
- **Openly EXAMINE** and **CONFESS** my faults to myself, to God, and to **SOMEONE** I trust.
- **Voluntarily** submit to every change God wants to make in my life and humbly ask Him to remove my **CHARACTER DEFECTS**.
- Evaluate all my relationships. **OFFER FORGIVENESS** to those who've hurt me and **MAKE AMMENDS** for harm I've done to others except when to do so would harm them or others.

**“Get rid of all bitterness, rage, and anger ... along with every form of malice. Be Kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” Eph. 4:31–32.**

**PART 1: FORGIVE THOSE WHO'VE HURT ME.**

**WHY!?!**

1. Because **GOD HAS FORGIVEN ME.**

**“Never hold grudges. Remember, the Lord forgave you, so you must forgive others.” Col. 3:13 (TLB)**

2. Because **RESENTMENT DOESN'T WORK!**

**To worry yourself to death with resentment would be a foolish, senseless thing to do.” Job 5:2 (GNB)**

**“You are only hurting yourself with your anger!” Job 18:4 (GNB)**

**Like taking poison and expecting the offending party to die.**

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**“Some men stay healthy till the day they die ... others have no happiness at all; they live and die with bitter hearts.” Job 21:23–25.**

3. Because **I’LL NEED FORGIVENESS IN THE FUTURE.**

**“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.” Mark 11:25 (TLB)**

**HOW?!?**

1. **REVEAL** my hurt.

Make a list of those who’ve harmed me and what they said ... thought ... did.

There is No **CLOSURE** without **DISCLOSURE.**

Make a list – admit it, process it, release and forgive.

2. **RELEASE** my offender.

**“How many times should I forgive my brother when he sins against me? ... Jesus answered, “not seven times, but seventy times seven times!” Mark 18:21–22**

**Every time those thoughts return that immediately bring those feelings of pain, violation, fear, etc. – stop that process, forgive, and release again – as many times as it takes. How do you know you’ve released them? When you can think of them without feeling those negative feelings, when you can pray for them, when you can walk a mile in their shoes- we’re all turtles sitting on fence posts.**

“Empty chair” technique.

3. **REPLACE** my hurt with God’s peace.

“Let the peace of Christ rule in your hearts.” Col. 3:15

**PART 2: MAKE AMENDS TO THOSE I’VE HURT**

**WHY?!?**

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**“Watch out that no bitterness takes root among you, for as it springs up it causes deep trouble, hurting many in their spiritual lives. Heb. 12:15 (TLB)**

**HOW?!?**

1. Make a list of those I’ve harmed and what I did.

- Debts? Broken promises?
- Over controlling?
- Over possessive?
- Hypercritical?
- Abusive: verbally? - emotionally? - physically?
- Forgetting?
- Unfaithful?
- Lying?

2. Think how **WOULD WANT** others to make amends to me.

**“Do to others as you’d have them do to you.” Luke 6:31**

- The right **TIME**

**“There is a right time and a right way to do everything.” Eccl. 8:6 (GNB)**

- The right **ATTITUDE**

**“Speak the truth in a spirit of love.” Eph. 4:15**

- Is it **APPROPRIATE?**

**“Thoughtless words can wound as deeply as any sword, but wisely spoken words can heal.” Prov. 12:18**

**“If it is possible, as far as it depends on you, live at peace with everyone.” Rom. 12:18**

4. **REFOCUS** my life.

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**RESENTMENT = RESEMBLENCE = REPETITION**

**“Put your heart right, reach out to God ... 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.” Job 11:13–16 (GNB)**