



The Relationship Choice.

The Gate Church

Sunday October 25th 2020.

"No one can ever climb a mountain by just looking at it. It is only in the process of _____.
_____ one at a time, that we discover the mountain."

Scriptures: Matthew 5:7. &. Matthew 5:9

"God blesses those who are merciful, for they will be shown mercy."

"God blesses those who work for peace, for they will be called the children of God."

The Relationship Choice:

"Evaluate all my relationships; offer _____ 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)."

A. Why should we forgive?

1. Because _____ has forgiven you.

Scripture: Matthew 18:35 - "This is how my Heavenly Father will treat each of you unless you
forgive your brother from your heart."

Forgiveness does NOT mean

1. _____ of what someone did to you.
 2. _____ that an offence has not taken place.
 3. Making _____ for another person's bad behaviour
 4. _____ a relationship when it is not safe to do so
 5. Telling the person, you forgive them before they are _____ to hear it, or before you
are _____ to say it.
 6. _____ negative consequences.
 7. _____ when reliable behaviour on their part is absent – trust and forgiveness are
separate issues.
2. Because _____ doesn't work.

Scripture Job 5:2 "Resentment kills a fool, and envy slays the simple."

"When we refuse to forgive, it's like we drink _____ and think the other person's going to die."

B. How do we forgive?

1. _____ YOUR HURT. "There is no _____ without disclosure."
2. _____. THE OFFENDER

Question: When do I release the offender?

Answer: _____. Don't wait for the offender to ask for forgiveness.

Question: How will I know if I've fully released the offender?

Answer: You'll know when you can think of them and it doesn't _____ anymore.

What do you do when the one who has offended you is no longer around?

1. The empty chair technique –

Sit alone with an empty chair and imagine the person you need to forgive sitting in the chair, and you say, "I need to say some things to you. Here's how you hurt me." And you lay it out. You say it out loud. "You hurt me this way, this way, and this way. But I want you to know I forgive you because God has forgiven me. I am releasing you."

2. A letter that you will never mail –

In this letter you put down in black and white how you've been hurt: "This is how you hurt me." You've been carrying hurt so long. Now is the time to unload it, and you can do that by letting it out in a letter. At the end you say, "But starting today, I forgive you because God has forgiven me." And you do this for your own sake. You release your offender so you can experience freedom.

C. _____ YOUR HURT WITH GOD'S _____.

Scripture: Romans 14:10-13 says in part - "...we will all stand before God's judgment seat. It is written: " 'As surely as I live,' says the Lord, 'every knee will bow before me; every tongue will confess to God.' " So then, each of us will give an account of himself to God. Therefore let us stop passing judgment on one another."

Scripture: Genesis 50:20 - You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people.