

# Taking your Spirituality to the Next Level

## *Relationships*

February 6<sup>th</sup>, 2011

### **FORGIVE those who have hurt us!**

Matthew 5:7 Happy are those who are merciful to others.

### **Cause of Conflicts..**

*James 4:1-2 What is causing the quarrels and fights among you? Don't they come from the evil desires at war within you? You want what you don't have, so you scheme and kill to get it. You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them.*

### 5 Responses to Conflict

My way. *Can't Hear NO*

No way. *Can't Hear YES...(\*transformer)*

Your way. *Can't Say NO*

Half way. *Can't Say YES*

Our way. *Know when to say YES and NO*

### **How to Fight Fair..**

Never Compare. Never Condemn. Never Demand. Never Threaten. Never Condescend. Never Interrupt in the middle of a sentence. Stay on the issue.

Proverbs 11:29 The fool who provokes his family to anger and resentment will finally have nothing worthwhile left.

### **MAKE AMENDS with those we have hurt!**

Matthew 5:9 Happy are those who work for peace.

### How to Make Amends

**Make a list of the people I have harmed and what I did to them**

**Think how I would like someone to make amends to me.**

Luke 6:31 Do to others as you would like them to do to you.

### **Ask Forgiveness**

- *Do it at the right time*

Ecclesiastes 8:6 for there is a time and a way for everything, even when a person is in trouble.

- *Do it with the right attitude*

**Ephesians 4:15** Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church.

- *Do it without expectations & Do it in an appropriate way*

**Proverbs 12:18** Some people make cutting remarks, but the words of the wise bring healing.

- *Make restitution wherever possible*

**Proverbs 5:12** Conceited people do not like to be corrected. They never ask for advice from those who are wiser.

**Proverbs 15:32** If you refuse to learn, you are hurting yourself...

**Galatians 6:9** So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

**Philippians 2:4-5** Each of you should look out not only to your own interests, but also to the interests of others. Your attitude should be the same as that of Christ Jesus.