



Healing Hurt in Relationships

Pastor James Heyward

The YouPick question for today is: How do you deal, biblically, with offence - committed against you and committed by you?

Because Jesus moved toward us in our brokenness, we move toward each other in our hurt.

GO FIRST. SPEAK SOFT. STAY CLOSE.

“You’re familiar with the command to the ancients, ‘Do not murder.’ I’m telling you that anyone who is so much as angry with a brother or sister is guilty of murder. Carelessly call a brother ‘idiot!’ and you just might find yourself hauled into court. Thoughtlessly yell ‘stupid!’ at a sister and you are on the brink of hellfire. The simple moral fact is that words kill. This is how I want you to conduct yourself in these matters. If you enter your place of worship and, about to make an offering, you suddenly remember a grudge a friend has against you, abandon your offering, leave immediately, go to this friend and make things right. Then and only then, come back and work things out with God.” Matthew 5:21-24 (MSG)

1. What does this verse say about worship?

2. What does this verse say about your relationships?

- **GO FIRST**

“So, chosen by God for this new life of love, dress in the wardrobe God picked out for you: compassion, kindness, humility, quiet strength, discipline. Be even-tempered, content with second place, quick to forgive an offense. Forgive as quickly and completely as the Master forgave you.” Colossians 3:12-13 (MSG)

GO FIRST means you move first to own your part, not all the parts. It means you do not use their part as an excuse to avoid your part.

3. What is your initial reaction to an offense? How does this reaction affect your relationship with the person who offended you?

4. Do you have a relationship that has been damaged by offense? How can you ‘go first’ to head towards reconciliation?

- **SPEAK SOFT**

“What this adds up to, then, is this: no more lies, no more pretense. Tell your neighbor the truth. In Christ’s body we’re all connected to each other, after all. When you lie to others, you end up lying to yourself. Go ahead and be angry. You do well to be angry—but don’t use your anger as fuel for revenge. And don’t stay angry. Don’t go to bed angry.” Ephesians 4:25-26 (MSG)

SPEAK SOFT does not mean avoiding hard truth and slap a ‘peace’ sticker on it. SPEAK SOFT means deliver truth at a temperature the Spirit can actually use.

5. At what temperature do you usually deliver truth – hot (angry) or cool (calm)?

6. What do you need to change in order to listen fast, speak slow, and cool down when you are tempted to be offended?

- **STAY CLOSE**

“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.” Colossians 3:13

We do not cancel people in the church. We carry people. Forgiveness is the door; staying close is walking through it together.

APPLICATION: 1) Send a ‘clear the air’ text. 2) Ask better questions
3) Refuse the side conversation. 4) Pray before you process and
5) Follow up after the hard conversation.

Written by James Heyward & Reenie Peppers