

# RELATIONSHIP REHAB

## TIPS TO A SUCCESSFUL GROUP

- **CONFIDENTIALITY IS IMPORTANT.** Confidentiality is the key to building trust in relationships. Here are a few mottos to remember to be confidential: “What is said in small group, stays in small group.” *Nothing, nobody, never...Share nothing, to nobody, never*” outside of the group.

## "How to Blow Up (& Repair) a Relationship" - Pt 2

### ICEBREAKER

What was the last project you started...but never finished?

### INTRODUCTION

It's easy to start projects. It takes commitment to finish them. It's the same with relationships. Starting one is easy. But sticking to the hard work, committing through the ups and downs, and fixing it when it needs rehab is where it gets complicated. Many times we reach for the "C4" and blow it up. Thankfully, God gives us a way to rehab what is broken. In this lesson, we will dig deeper into what it means to be reconciled both to Him and to each other.

## READ |

When things go bad in life – like your relationship – it’s tempting to just blow it up and start over fresh. But God is in the business of rehabbing what is broken. He did it with us, and He wants us to do it with each other:

*And all of this is a gift from God, who brought us back to Himself through Christ. And God has given us this task of reconciling people to Him. For God was in Christ, reconciling the world to Himself, no longer counting people’s sins against them. And He gave us this wonderful message of reconciliation.*

*2 Corinthians 5:18-19 (NLT)*

What is reconciliation? It’s bringing something back into the right condition. When you reconcile a checkbook, you find the mistakes and correct them. When you reconcile a relationship, you identify what went wrong and work to fix it, just as God does with us!

The Grand Story of the Gospel is how God reconciled or repaired our broken relationship with Him! Think about that: **The Bible in a nutshell is the story of how God repaired a broken relationship with Family Members who hurt Him deeply.** All of this is a gift from God, who brought us back to Himself through Christ. And God has given us this task of reconciling people to Him.

**What does it personally mean to you that God continually desires and pursues a relationship with you and no longer holds any of your past or present sins against you?**

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## READ |

When it comes to our horizontal relationships, it may be a lot harder to find that peace. There are hard feelings and broken hearts. The mending process could take a while. But there is always a first step. In fact, God gave us the runway to reconciliation: **forgiveness.**

*Be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.*  
*Ephesians 4:32 (NLT)*

Forgiveness is the runway to reconciliation. It's not the only part, but it is the first part. You cannot move forward in rehabbing a relationship until you address this part. And the Bible says that since we have been forgiven, we need to forgive others. In the same way that God forgave us – completely, with no strings attached – is how we are to forgive those who hurt us.

We struggle with forgiving because it's often misunderstood. Forgiveness doesn't mean you're saying what they did was okay to do. Forgiveness doesn't mean you minimize the pain they caused you. Forgiveness doesn't mean you trust them. Forgiveness is to be given instantly, trust is earned over time. Forgiveness doesn't mean you don't set healthy boundaries. **Forgiveness is** simply this...choosing to stop rehearsing and nursing what they did wrong to you. It's **choosing to no longer keep a record of the wrongs and letting God handle those who've mistreated you.**

**Review the common misunderstandings of forgiveness. Which of these has kept you from forgiving someone in the past? Is there an offense you need to stop rehearsing and nursing?**

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## READ I

God made the first move. He didn't wait for us to come up with a plan. Instead, He did the hard work of reconciliation first by sending His Son to die for us.

Our first response when we've been hurt is to fix the blame on someone else. We want to repay whoever it is who hurt us and made us feel this way.

Instead of repaying, we need to rehab our relationship. You may not have made the first move in damaging it, but you can make the first move in fixing it. Rather than putting the blame onto someone else, begin by admitting your role in the problem.

One way to move forward is to ask: ***“God, help me see them the way You do and help me to focus on fixing the problem instead of fixing the blame.”***

That helps to keep you from only seeing the worst side of the other person. Now, you can move forward with forgiveness.

**How can you see the other person the way God sees them?** (Example, by listening to their side of the story with an open mind, by putting yourself in their shoes, pray and ask the Holy Spirit to help you)

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## **WHAT WILL YOU DO?**

Is there someone you have a broken relationship with? This week, begin rehabbing that relationship by:

- Using the runway of forgiveness
- Make the first move by fixing the problem, not the blame

## **ADDITIONAL ACTION STEPS (Optional):**

- Spending time reading God's word helps us become better people especially with those who are closest to us. Take some time to do SOAP using the scriptures from this week's list.
- Is there anyone you need to reach out and extend forgiveness to in order to make things right? Feel free to share about it. If not, writing your thoughts in a journal helps.

## **CLOSE IN PRAYER**

Heavenly Father, help us to see others the way You do. You were the first to make a move when there was something between us. And You did it all by sending Your Son, Jesus to die for us. With His death on the cross, You made a way to fix the vertical and horizontal relationships in our lives. Help us to identify anyone we have a broken relationship with and give us the courage to make the first move to fix it. In Jesus' name we pray, amen.

## SCRIPTURES FOR S.O.A.P.

### **Day 1:**

*Do everything possible on your part to live in peace with everybody.*

*Romans 12:18 (GNT)*

### **Day 2:**

*Imitate God, therefore, in everything you do, because you are His dear children. Live a life filled with love, following the example of Christ. He loved us and offered Himself as a sacrifice for us, a pleasing aroma to God.*

*Ephesians 5:1-2 (NLT)*

### **Day 3:**

*It is truly wonderful when the people of God live together in peace.*

*Psalms 133:1 (CEV)*

### **Day 4:**

*For God in all His fullness was pleased to live in Christ, and through Him God reconciled everything to Himself. He made peace with everything in heaven and on earth by means of Christ's blood on the cross.*

*Colossians 1:19-20 (NLT)*

### **Day 5:**

*Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.*

*Colossians 3:13 (NLT)*