

# RELATIONSHIP REHAB

## TIPS TO A SUCCESSFUL GROUP

- **START & FINISH ON TIME.** Doing this will show your small group you value their time.

## Your Piece of the Pie - Pt1

### ICEBREAKER

What is one thing you wish you knew when you were younger?

### INTRODUCTION

We all have regrets in life. Whether it's that job we wish we had taken or that car we wish we hadn't bought. When it comes to relationships, regrets can land pretty hard on us. To avoid regrets, we need to embrace reconciliation instead of revenge or resolution. In this lesson, we'll learn just what that means.

## READ I

Think about a relationships in your life that may need some rehab. A few weeks ago, we talked about the danger of tossing some C4 into the mix and destroying what God wants us to reconcile. Let's take another look at that C4:

- Convince
- Convict
- Coerce
- Control

Instead of reaching for some C4, we need to do the tough work of reconciliation. According to the Bible, authentic reconciliation is repairing or restoring a relationship. The Grand Story of the Gospel is how God reconciled us first, by sending His Son to die for our sins. When God's family members offended Him – when sin ripped apart our relationship with our Heavenly Father – He sent Jesus on a rescue mission.

The cross has two beams – a vertical and a horizontal. First, He fixed the relationship between us and Him (vertical). Next, He made a way for us to fix our relationships with each other (horizontal).

*All this comes from the God who settled the relationship between us and Him, and then called us to settle our relationships with each other.*

*2 Corinthians 5:18 (MSG)*

**Since we've started this series on Relationship Rehab, have you noticed a difference in how you interact with others? Tell us about a time when you would have normally reached for the "C4" but you didn't.**

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## READ I

Reconciliation can be hard work. So, let's start by looking at what it's not. That way, we can dispel some misunderstandings.

First of all, reconciliation is not revenge. We would all love to make the other person pay us back, especially when we are hurt. Romans 12:19 teaches us that we should never take revenge, instead let God handle those who've wronged you. Reconciliation means to repair. That requires us to forgive.

*Ask God to bless those who persecute you--yes, ask Him to bless, not to curse. If someone has done you wrong, do not repay him with a wrong. Try to do what everyone considers to be good.*  
Romans 12:14, 17 (GNT)

Reconciliation means you bury the hatchet. If it's with your -ex, it doesn't mean you re-marry. It just means you're at peace with each other. You're able to say, "I am no longer rehearsing what they did wrong and I'm choosing to forgive!"

**Why does getting even feel so good? And why do we often feel bad after we get even?**

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## READ I

On the other hand, we need to understand that reconciliation is not resolution. What's the difference? You don't have to resolve every single disagreement you have with someone in order to reconcile with them. At the end of the day, you can agree to disagree and still be arm in arm.

In life, there will be some things that you just don't see eye-to-eye about. But that doesn't mean you can't walk hand-in-hand. We will have some disagreements about politics, about money, about sports, and even about church. But we can be reconciled regardless.

One note on this, however. To be reconciled does not mean you accept an abuser back into your life. You can forgive without putting yourself in that position again. Healthy boundaries are often needed with certain people. In fact, the wise words of Solomon from Proverbs should be our guide:

*Don't befriend angry people or associate with hot-tempered people, or you will learn to be like them and endanger your soul. Proverbs 22:24-25 (NLT)*

**What is a disagreement that you've allowed to get between you and someone else?  
How could you go about reconciling with them without resolving that disagreement?**

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## **READ |**

The goal of reconciliation is not revenge or resolving every disagreement. It's to have no regrets. There will always be things we wish we knew, wish we had done, or wish we had avoided. When it comes to relationships, we will always regret not reconciling.

There is no time like the present to reconcile with someone. You never know what tomorrow may hold. You could get a phone call or read a Facebook post that lets you know it's too late, you can't reconcile, because that person is gone. Read these wise words of Jesus.

*Reconcile quickly with your adversary, while you are still on the way to court.  
Matthew 5:25 (BSB)*

Do whatever you have in your power to do to begin the process of reconciliation today!

**What are some things that have held you back from reconciling with someone in the past? What can you do to overcome those obstacles?**

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## **WHAT WILL YOU DO?**

If there is someone you need to reconcile with, begin the process as quickly as possible. Remember:

- Reconciliation is not about revenge
- Reconciliation is not about resolution
- Reconciliation is all about no regrets

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

- Share with your group one of your SOAP Devotions from this past week

## **CLOSE IN PRAYER**

Lord God, we thank You for taking the first step in reconciliation. While You could have taken revenge, instead You offered forgiveness and freedom. Now, help us to do the same by reconciling our relationships. As we live without regrets, we turn to Your Holy Spirit for guidance as we clear the way for restoration. In Jesus' name, amen.

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

### **Day 1:**

*Accept one another, then, just as Christ accepted you, in order to bring praise to God.  
Romans 15:7 (NIV)*

### **Day 2:**

*If you become angry, do not let your anger lead you into sin, and do not stay angry  
all day.  
Ephesians 4:26 (GNT)*

### **Day 3:**

*Dear friends, never take revenge. Leave that to the righteous anger of God. For the  
Scriptures say, "I will take revenge; I will pay them back," says the LORD. Instead, "If your  
enemies are hungry, feed them. If they are thirsty, give them something to drink. In  
doing this, you will heap burning coals of shame on their heads."  
Romans 12:19-20 (NLT)*

### **Day 4:**

*"Do not seek revenge or bear a grudge against anyone among your people, but love  
your neighbor as yourself. I am the Lord."  
Leviticus 19:18 (NIV)*

### **Day 5:**

*Look after each other so that none of you fails to receive the grace of God. Watch  
out that no poisonous root of bitterness grows up to trouble you, corrupting many.  
Hebrews 12:15 (NLT)*