

# RELATIONSHIP REHAB

## TIPS TO A SUCCESSFUL GROUP

- **AVOID TALKING or TEACHING TOO MUCH.** Small groups are designed for everyone to share and grow together.

## Your Piece of the Pie - Pt2

### ICEBREAKER

Do you prefer pie or cake?

### INTRODUCTION

There are cake people and there are pie people in the world. No matter where you fall on that issue, when it comes to relationships, we all have a “piece of the pie” we have to own up to. It’s easy to focus on the other person’s faults while ignoring our own. In this lesson, we’ll look at why that’s destructive and how to be constructive in rehabbing our relationships.

## READ |

Imagine a pie. Just a circle on a piece of paper, really. And that pie represents the problem you have in a relationship. Now, slice yourself a piece. In other words, pick out how much of the problem you think is your fault. What would you own up to?

Most of us would probably take a slim piece of pie. We cut off a sliver and say, *"This is how I contributed to the mess."* And then we would cut off a big, healthy portion for the other person. Sound about right? Jesus had the same idea:

*"Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye?"*

*Matthew 7:3-4 (NIV)*

Another way to say this is, *"You took a little bitty piece of the pie, but really you've got almost the whole thing! Your part of the problem is much bigger than you realize."* The first step is owning up to our part of the blame. That's a lot harder than we think, though.

**Why do you think we're so quick to judge others but slow to admit our own role in harming a relationship?**

---

---

---

---

## READ |

Regardless of how big or small you think your part of the pie is, you can't take that slice and then say, *"Okay, now it's your turn. Own up to your mistakes, intentions, and blame...while I just hold onto my little slice right here."* In order to do the hard work of rehabbing a relationship, you have to eat your piece first.

*"You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye." Matthew 7:5 (NIV)*

The word for "hypocrite" was used in plays. An actor would wear a mask to pretend to be someone they are not. And the word in Greek is hypocrite. In other words, being a hypocrite is when you pretend you are not at fault, that you did nothing wrong, that you have no role in the situation.

One reason it's so hard to take responsibility for our role in hurting a relationship is that our problems create a blind spot. Jesus said that thing in our eye is like a plank, and we can't see clearly. So, we have to ask God, *"Show me where I was at fault."*

**Why do you think it's so difficult to admit our own faults? What can we do to be less hypocritical?**

---

---

---

---

---

## **READ |**

Perhaps the most important word that Jesus uses in His advice about rehabbing relationships is "first." Take another look:

*"**First** take the plank out of your own eye, and **then** you will see clearly to remove the speck from your brother's eye." Matthew 7:5 (NIV)*

**The principle is this: a mature person makes the first move.** What's that look like? You swallow your pride & say: *"Hey, I wanted to apologize to you. The other night when you got so upset – I reacted poorly. And I didn't try to empathize and put myself in your shoes. I was tired & frustrated & got stuck on defending myself. I'm sorry for that. Will you forgive me?"*

If you take this approach, you often find something amazing happen. When you admit your own role in the problem, it can diffuse the tension. But if you begin by pointing out their fault, they will become defensive and likely point the blame right back at you. If you want to really fix the problem, then make the first move, own your mistakes, and then work through each other's faults.

**What is the biggest obstacle to making the first move?** (Example, pride, embarrassment, your own blind spots - not recognizing your part in the problem.)

---

---

---

---

## READ |

Not only was Jesus addressing hypocrisy, He was also addressing another negative spiritual symptom: **Self-righteousness**. When we are convinced we are absolutely right, we are absolutely wrong. No one is perfect, and that includes us. Self-righteousness is believing that we are in fact perfect, and everyone else should change to match us.

Jesus often attacked the self-righteous attitude He saw in others. He described them as *"a brood of vipers"* (Matthew 12:34), *"whitewashed tombs"* (Matthew 23:27), and even *"dogs"* and *"pigs"* (Matthew 7:6). In other words, He was very serious about it.

Self-righteous people are so concerned with dishing out the pieces of pie to others, they have no time to take their own piece. That means they never work on their own problems. They stay the same way, never changing or improving. In other words, **self-righteousness is self-sabotage**.

On the other hand, **self-awareness** unlocks the door to reconciliation. It's the key to drawing closer and repairing relationship. Because it leads with humility and never judges. It also reveals your own value while affirming the other person's value. **Self-righteousness says, "I'm right, and you're wrong." Self-awareness says, "Here's where I was wrong, now let's make it right."**

**What are some ways you can practice self-awareness?** (Example, mediation and prayer, asking a close friend for some insight)

---

---

---

---

## **WHAT WILL YOU DO?**

As you work on rehabbing relationships, make sure that you're accepting your piece of the pie:

- Admit your own faults
- Make the first move
- Practice self-awareness instead of self-righteousness

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

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

## **CLOSE IN PRAYER**

Heavenly Father, give us clarity to see where we are at fault in damaging our relationships. Then, give us courage to make the first move. Too often we want to be the first to poke at the other person when we need to be willing to admit our share of the blame. Only then can we move forward. So would You go before us and remove every blind spot that blocks reconciliation. In Jesus' name, amen.

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

### **Day 1:**

*You will never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you.* Proverbs 28:13 (GNT)

### **Day 2:**

*"Do not judge others, and you will not be judged. For you will be treated as you treat others. The standard you use in judging is the standard by which you will be judged."* Matthew 7:1-2 (NLT)

### **Day 3:**

*Do not let mercy and kindness and truth leave you [instead let these qualities define you]; Bind them [securely] around your neck, Write them on the tablet of your heart. So find favor and high esteem In the sight of God and man.* Proverbs 3:3-4 (AMP)

### **Day 4:**

*Love each other with genuine affection, and take delight in honoring each other.* Romans 12:10 (NLT)

### **Day 5:**

*"I give you a new command: Love one another. Just as I have loved you, you are also to love one another."* John 13:34 (CSB)