**CREEKSIDE’S TEACHING NOTES for Sunday, November 18, 2018**

**BREAKOUT**

**“Order Your Relationships”**

I forgive those who’ve hurt me and make amends for the hurt I’ve caused, except when to do so would harm others.

**STEP ONE: FORGIVE THOSE WHO’VE HURT ME**:

**1. FORGIVENESS IS A CHOICE**

You can choose denial, vengeance or forgiveness

**2. FORGIVENESS IS OUTRAGEOUS**

**forGIVEness** I am to give the offending person a gift.

**forgive** means literally “to release, to hurl away, to free yourself”

**3. FORGIVENESS IS COMMANDED**

Get rid of all bitterness, rage and anger, . . . forgiving each other, just as in Christ God forgave you. Ephesians 4:31-32

**4. FORGIVENESS IS ABOUT YOU, ME AND GOD**

**For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.** Matthew 6:14-15

**5. FORGIVENESS IS ACKNOWLEDGING THE HURT:**

Forgiveness isn’t saying, “It’s no big deal!” It was a big deal. It’s not saying, “It didn’t hurt!” It did hurt. In fact, it is so big that forgiveness is the only thing you can use to address it.

**7. FORGIVENESS IS AN ACT OF FAITH:**

**Don’t take it on yourself to repay a wrong. Trust in the Lord and   
he will make it right.** Proverbs 20:22 GN

**8. FORGIVENESS IS HEALING:**

“Forgiveness is the only way to heal the hurt you never deserved.”

Lewis Smedes

**To worry yourself to death with resentment would be a foolish   
senseless thing to do.** Job 5:2

**It is foolish to hold a grudge.** Ecclesiastes 7:9

**Some men stay healthy until they die. Others have no happiness at all. They live and die with bitter hearts.** Job 21:23-25 (GN)

**9. FORGIVENESS IS POSSIBLE:**

**I can do all things through Christ who strengthens me.**

Philippians 4:13

How do I know I have forgiven?

**Do good to those who hate you, bless those who curse you, and pray for those who mistreat you.** Luke 6:27-28

**STEP TWO: MAKE AMENDS TO THOSE I’VE HURT:**

**So, what if you are offering your gift at the altar and remember that someone has something against you? Leave your gift there and go make peace with that person.** Matthew 5:23-24

Jesus’ encounter with Zacchaeus in Luke 19:1-10

THREE KINDS OF AMENDS:

1. Direct Amends. can be made by replacing, repairing or re-reimbursing the person you hurt.
2. Indirect Amends. cannot reverse or undo the hurt that has been done. They consist of selfless acts that may be disconnected from the hurt caused such as volunteering at a handicapped school, . . .
3. Living Amends. require a genuine lifestyle change that demonstrates that you have changed your behaviour

STEPS FOR MAKING AMENDS:

1. Identify the hurt you have caused and write it out.

2. Do an evaluation on how the hurt you caused has hurt that person by seeing your actions from the angle of the person affected. Write it down.

3. Choose an ideal time to talk with them about it.

4. Say you are sorry.

5. Give them a carefully worded apology. Address the mistake itself to show the person that you understand why they are upset with you. Hold yourself accountable. Do not deflect the blame or make excuses.

6. Suggest ways to rebuild and repair the relationship.

7. Give the person you hurt time to heal. Don’t press for a response. Listen to them if they share their perspective and feelings.

8. Say you are sorry.

**The most creative power given to the human spirit**

**is the power to heal the wounds of a past it cannot change.**

Lewis Smedes