



R. E. C. O. V. E. R. Y.

Evaluate all my relationships _____ to those who've hurt me and _____ for harm I've done to others except when to do so would harm them or others.

Stop being bitter and angry and mad at others...³² Instead, be kind and merciful, and forgive others, just as God forgave you because of Christ.
Ephesians 4:31, 32 CEV

PART 1: I FORGIVE THOSE WHO'VE HURT ME. --- WHY?

1. Because I have _____ forgiven...
 - by _____.

Put up with each other, and forgive anyone who does you wrong, just as Christ has forgiven you. **Colossians 3:13 CEV**

- by _____.

2. Because I will need forgiveness in the _____.

...when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too. **Mark 11:25 NLT**

3. Because bitterness is _____.

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

Your anger is hurting no one but you. **Job 18:4 ERV**

I FORGIVE THOSE WHO'VE HURT ME. --- HOW?

1. _____ my hurt.

Share each other's troubles and problems... **Galatians 6:2 LB**

2. _____ my offender.

How many times should I forgive someone who does something wrong to me? Is seven times enough?"²² Jesus answered: "Not just seven times, but seventy-seven times!" **Matthew 18:21-22 CEV**

- By talking to the _____.
- By talking to _____.

3. _____ my pain with God's peace.

So let the peace that comes from Christ control your thoughts. And be grateful. **Colossians 3:15b NCV**

PART 2: I MAKE AMENDS TO THOSE I'VE HURT -- WHY?

Watch out that no bitterness takes root among you, for as it springs up it causes deep trouble, hurting many... **Hebrews 12:15 TLB**

MAKE AMENDS TO THOSE I'VE HURT -- HOW?

1. Make a _____ and _____ list.

Who've I... Ripped off? _____ Lied to? _____ Used? _____ Betrayed? _____
 Abused verbally? _____ Emotionally? _____ Physically? _____ Sexually? _____

2. Ask "_____ would I want someone to make amends to me?"

Treat others just as you want to be treated. **Luke 6:31 CEV**

- The right _____.

There is a right time and a right way for everything. **Ecclesiastes 8:6 NCV**

- The right _____.

Speak the truth in a spirit of love. We will grow up... **Ephesians 4:15 GNT**

3. _____ my life.

Put your heart right, reach out to God ...¹⁴ Put away evil and wrong....¹⁵ then face the world again, firm and courageous. ¹⁶ Then all your troubles will fade from your memory, like floods that are past and remembered no more. **Job 11:13-16 GNB**

