

**Rebuilding My Relationships**  
**Shred**  
**Discover Church**  
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*“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen...<sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”*  
*Ephesians 4:29, 31-32*

**RELATIONSHIP SHREDDERS**

- Relationship Shredder #1 = My **mouth**
  
- Relationship Shredder #2 = My **bad attitudes**
  
- Relationship Shredder #3: My lack of **compassion** and **forgiveness**

**RELATIONSHIP REBUILDERS**

*“Let love be your greatest aim” 1 Corinthians 14:1*

Relationship Builder #1: Aim High with **LOVE**

**Five ways to aim high with my love:**

1. Without love all that I **say** is **ineffective**

*“If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal.” 1 Corinthians 13:1*

2. Without love all that I **know** is **incomplete**

*“If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing.” 1 Corinthians 13:2*

3. Without love all that I **believe** is **insufficient**

*“and if I have a faith that can move mountains, but do not have love, I am nothing.” 1 Corinthians 13:2*

*“The only thing that counts is faith expressing itself through love.” Galatians 5:6*

4. Without love all that I **give** is **insignificant**

*“If I give all I possess to the poor...but do not have love, I gain nothing.” 1 Corinthians 13:3*

5. Without love all I **accomplish** in **inadequate**

*“If I give over my body to hardship that I may boast, but do not have love, I gain nothing.” 1 Corinthians 13:3*

Relationships Rebuilder #2: Speak the **truth**

**Tell the truth...**

1. **Consistently**

*“Reliable communication permits progress.” Proverbs 13:17*

2. **Completely**

*“Someone who holds back the truth causes trouble.” Proverbs 10:10*

*“In the end people appreciate frankness more than flattery.” Proverbs 28:23*

3. **Lovingly**

*“speaking the truth in love.” Ephesians 4:15*

4. **Tactfully**

*“Thoughtless words can wound as deeply as any sword. Wisely spoken words can heal.” Proverbs 12:18*

*“if we walk in the light, as he is in the light, we have fellowship with one another.” 1 John 1:7*

*“Most of all, let love guide your life.” Colossians 3:14*

*“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. <sup>5</sup> It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. <sup>6</sup> Love does not delight in evil but rejoices with the truth. <sup>7</sup> It always protects, always trusts, always hopes, always perseveres. <sup>8</sup> Love never fails.” 1 Corinthians 13:5-8*

*“A new command I give you: Love one another. As I have loved you, so you must love one another. <sup>35</sup> By this everyone will know that you are my disciples, if you love one another.” John 13:34-35*