

Recalibrating Our Relationships

Part IV; June 2, 2024

“Repairing What We’ve Broken”

“Confess your sins to each other and pray for each other so that you may be healed.”

– James 5:16 (NLT)

When we don’t confess the hurt we’ve caused:

We allow their imaginations to take over.

We allow our imagination to take over.

We allow relational scar tissue to develop.

We pull away to avoid shame/guilt.

We create a pinch point in our relationship with God.

So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.

– Matthew 5:23-24 (NLT)

Confess quickly!

And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil. – Ephesians 4:26-27 (NLT)

Wounds build walls—the longer you wait,
the more bricks Satan adds!

If your confession isn’t heartfelt,
pray until it becomes so!

Brokenness is the key to relational healing.

The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God.

– Psalm 51:17 (NLT)

A big part of confessing is also listening.

People start to heal the moment they feel heard.

Give your confession as a gift and let it go.

If it is possible, as far as it depends on you, live at peace with everyone. – Romans 12:18 (NLT)

Your job is to confess in a sincere, heartfelt manner.
It’s up to them to decide if, how, and when to forgive.