

I. Review

A. Regeneration defined

- 1. Restore – Revive – Rebuild**
- 2. To bring forth again**

B. Previous Sessions

- 1. God Delights in Restoring, Rebuilding, and Reviving**
- 2. Our Cooperation is Required**
- 3. Believe for Resurrection Power**
- 4. Receiving a Rhema Word – Life in the Word**
- 5. Moving from Logos to Rhema**
- 6. Expect Regeneration**
- 7. Rebuilding that Which is Broken**
- 8. Keys to rebuilding after a tragedy.**
- 9. Facing the opposition that occurs when rebuilding.**
- 10. How to deal with others that caused your storm.**

II. What do you do when the storm is connected to close relatives?

Sons, daughters, siblings, etc.

A. While there are some people who can be dismissed from your life, there are others that remain connected. How do you deal with the hurt or loss caused by family members that you cannot simply dismiss from your life?

B. Important things to remember.

1. Dealing with offenses isn't as much about the person as it is about the offense.
2. There are some people that I can let go of when dealing with the offense. There are others who remain connected in spite of the offense – *sons, daughters, siblings, etc.*
 - a. It is possible to let the offense go and still have a connection to a person that has offended – this is especially true when the offense comes through your children.
 - b. My responsibility is always to deal with offense – *It is releasing myself from the effects of hurt – anger – unforgiveness – bitterness – etc.*
 - c. It is more difficult to deal with the offense of those who are staying in your life than those who have departed.
*Those who have departed will not offend again.
Those who are staying most likely will offend again.*

C. The Real Issue, “Hurt”.

1. **While those who are leaving my life may have caused great pain, those who are staying may have an ability to bring a greater level of hurt.**
2. **Luke 4:18-19 (NKJV)** – ¹⁸*“The Spirit of the LORD is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed; ¹⁹To proclaim the acceptable year of the LORD.”*
 - a. Jesus says that one of His assignments in coming to earth was to heal the brokenhearted.
 - b. The Quote is from **Isaiah 61:1 (AMP)** – *He sent me to bind up the wounds of the brokenhearted.*
 - c. **Psalms 34:18 (ESV)** – *The LORD is near to the brokenhearted and saves the crushed in spirit.*

D. How do you deal with the broken heart caused by close family members? *Dealing with the broken heart is the key to moving forward and rebuilding your life.*

1. You do not simply ignore it.

- a. Repressed emotions have many negative consequences.
They affect our future.
They affect our health.
They effect other relationships.
- b. Repressed anger – often results in depression.
- c. Repressed wounds will always resurface.
- d. It's alright to acknowledge that there is pain because of the offense from those closest to you.
- e. Acknowledging the pain is part of the healing process. However, It doesn't mean that you STAY there, allowing your future to be completely dominated by the hurts from your past. *"I'm not living the rest of my life in my pain"*.
- f. Examine the wound, then get the help needed to receive healing and go forward.

2. Continue to Love

Continuing to love those who have hurt will release healing in your own brokenness.

- a. **The Prodigal Son** – *The Father continued to love his son regardless of his actions.*
- b. **Ephesians 5:2 (NLT)** – *Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God*
Ephesians 5:2 (CEV) – *Let love be your guide. Christ loved us and offered his life for us as a sacrifice that pleases God*
Ephesians 5:2 (GNT) – *Your life must be controlled by love, just as Christ loved us and gave his life for us as a sweet-smelling offering and sacrifice that pleases God*
- c. **Colossians 3:14 (ESV)** – *And above all these put on love, which binds everything together in perfect harmony.*

- d. **1 Thessalonians 3:12 (NLT)** – *And may the Lord make your love for one another and for all people grow and overflow, just as our love for you overflows*
- e. **Continuing to Love is not an approval of a person’s actions.**
Jesus loved unconditionally but did not endorse everyone’s actions or behavior.

The Woman Caught in Adultery

John 8:11 (NKJV) – *Neither do I condemn you, go and sin no more*

John 8:11 (AMP) – *Neither do I condemn you , go your way. From now on, sin no more.*

John 8:11 (GNT) – *I do not condemn you either. Go, but do not sin again*

John 8:11 (NIV) – *Go now and leave your life of sin.*

- f. **Continuing to Love doesn’t mean that fellowship is always restored.**
- In some cases of offense, fellowship will continue.
 - In other cases, fellowship may continue but must be reformed.
We do not meet in the same way as prior to the offense. This may mean limited fellowship with specific boundaries in extreme cases.
 - In the most extreme cases, fellowship is lost, but I can still love you. *“My love is so strong for you that I will never stop loving you.”*
- d. **Continuing to Love does not mean that I have to support and contribute to their behavior.**
- I can love without enabling.
 - Just because I will not give doesn’t mean I do not love.
This is in reference to specific behaviors that are of concern including drugs and other addictive behaviors.
- e. **Love is a choice. I choose to give unconditional love just like the love that Jesus gave to me.**

3. Spend time with God

- a. **Healing the inner wounds of the soul takes the presence of the Lord.**

Psalm 147:3 (ESV) – *He heals the brokenhearted and binds up their wounds.*

- b. **Psalm 16:11 (NKJV)** – *You will show me the path of life; in Your presence is fullness of joy; at Your right hand are pleasures forevermore*

4. Remain Positive – Remain in Faith

- a. Guard against negative thoughts and words.
b. Guard against rehearsing the offense over and over in your mind. *If you are rehearsing in your mind, it most likely will come out when you are in the presence of the one who offended you, thus hindering healing in the relationship.*

c. Remember, you are a person of faith

- Have Faith for God to open the eyes of relatives who have gone astray from His ways.
- Have Faith that the Word of God deposited in previous years will bring forth a harvest of repentance

Proverbs 22:6 (NKJV) – *Train up a child in the way he should go, and when he is old he will not depart from it*

- Have Faith for forgiveness and restoration.
- Have Faith for healing the brokenness

E. Practical thoughts when dealing with those who have produced pain in our lives.

1. Stop with the “Why” cycle.

- a. You may never know why they did what they did.
- b. You may never understand why they said what they said.
- c. You may never know why they didn’t do what you thought they should do.
- d. There will always be an opportunity to ask “WHY”?
- e. Don’t allow the never ending why cycle to distract you from your future.

2. Be mindful that when people do hurtful things it isn't always about you, most of the time it is about them.

Often when people are rude and use hurtful words, it is directly connected to their own inner issues. *Don't take it personal.*

3. Exercise Compassion

- a. Understand that everyone deals with personal issues
- b. Understand that the reason some people act/react the way they do is because of how they were treated by someone in their past.
- c. Take time to consider their story of past hurt.

4. Let go of the Victim mentality

- a. We are victors not victims.
- b. Choose to identify with your "Victor" status in Christ vs a "Victim" status because of past emotional pain.
- c. Yes, I was hurt, but I am an overcomer.
- d. Tell yourself everyday who you really are.

5. Accept that you can only control you.

- a. You can't control others.
- b. There are things you cannot change.
- c. Don't spend time and energy trying to change what you do not have the power to change.

III. Conclusion

A. Satans ultimate goal regarding you is to use whatever necessary to hinder your growth and keep you from moving forward into your future.

B. When you become greatly distracted by injured relationships with people, your relationship with God will suffer.

1. You stop praying.
2. You stop reading the Word.

3. You stop attending church.
 4. You stop serving.
 5. You stop believing.
 6. KEY WORD – “STOP”!
- C. The most vital relationship in a person’s life is their relationship with God.**
1. Vertical/Horizontal relationships.
 2. When our relationship is strong with God, He can work restore our broken relationships with people.
 3. When our relationship suffers with God, we are left to the flesh to seek answers and are sure to come up short.
 4. Stay strong in the Lord and allow God to do what only He can do!