

Encounter Church
Sunday June 29, 2025

The Power of First
Healthy Heart Healthy Relationships

Matthew 5:23-24 - “Therefore if you bring your gift to the altar, and there remember that your brother has something against you, leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift.”

WHAT DOES THIS VERSE TELL ME AND YOU?

1. God cares about my relationships with other people.
2. I can't separate my relationship with God from my relationship with others.
3. For my relationship with God to be healthy my other relationships need to be healthy!

As far as it depends on me!

Romans 12:18- “If it is possible, as much as depends on you, live peaceably with all men.”

There's no-one who can love you like God! There's no-one who can hurt you like another human being!

There's no-one who can heal you like God and there's no-one who can wound you like another human being!

There's no-one as faithful as God and there's no-one that can abandon you like another human being.

The Bible says that God heals the brokenhearted and most of the time that broken heart is because of something someone did or said to you.

AND IF I STAY IN THAT PLACE OF BEING BRUISED, BROKENHEARTED AND BITTER:

1. It cultivates a victim mentality.

Romans 8:31 “.....If God is for us, who can be against us?”

Victim Mentality- “God may be for me but everybody is against me!”

2. It Pollutes My other Relationships.

Hebrews 12:15- “.....And make sure no one lives with a root of bitterness sprouting within them which will only cause trouble and poison the hearts of many.”

3. It clouds my relationship with God.

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

SO I'M NOT STAYING IN THIS PLACE OF BEING BRUISED, BROKEN AND BITTER!

HERE'S THE GOOD NEWS

Psalms 147:3- “He heals the brokenhearted And binds up their wounds.”

BEGIN THE HEALING PROCESS!

1. Reveal the Hurt

Psalms 32:3 “When I kept silent, my bones wasted away through my groaning all day long.”

Psalms 39:2 “ But when I was silent and still, not even saying anything good, my anguish increased.”

TALK ABOUT IT!

2. Release those involved

Matthew 18:21-22 “Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?” Jesus answered, “I tell you, not seven times, but seventy-seven times.”

3. Refocus on God and his plan for your life

Romans 8:28- “And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.”

CONCLUSION: Let's read our text again.

Matthew 5:23-24 - "Therefore if you bring your gift to the altar, and there remember that your brother has something against you, leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift."

WHY ARE THESE VERSES THERE FOR?

Matthew 5:21-22- "You have heard that it was said to those of old, 'You shall not murder, and whoever murders will be in danger of the judgment.' But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgment. And whoever says to his brother, 'Raca!' shall be in danger of the council. But whoever says, 'You fool!' shall be in danger of hell fire."

THE HEADING IN MY BIBLE: ***"MURDER BEGINS IN THE HEART"***

God can take your bruises, brokenness and bitterness and do something beautiful in your life.

THE POWER OF FIRST! FIRST GO AND SEEK HEALING IN YOUR RELATIONSHIP WITH OTHERS!

A HEALTHY HEART, HEALTHY RELATIONSHIPS!

It all begins with a relationship with God through his Son Jesus Christ.

What is the Holy Spirit saying to you?