



Life's Healing Choices

Choosing Relationships | Week 6

November 8 & 9, 2025

My Choice #1 (The Reality Choice):

Realize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.

My Choice #2 (The Hope Choice):

Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.

My Choice #3 (The Commitment Choice):

Consciously choose to commit all my life and will to Christ's care and control.

My Choice #4 (The House Cleaning Choice):

Openly examine and confess my faults to myself, to God, and to someone I trust.

My Choice #5 (The Transformation Choice):

Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.

My Choice #6 (The Relationship Choice):

Evaluate all my relationships, offer forgiveness to those who've hurt me, and make amends for harm I've done to others when possible, except when to do so would harm them or others.

Matthew 5:7, 9 (NIV)

Blessed are the merciful, for they will be shown mercy...Blessed are the peacemakers, for they will be called children of God.



Matthew 18:21-35 (MSG)

At that point Peter got up the nerve to ask, "Master, how many times do I forgive a brother or sister who hurts me? Seven?" Jesus replied, "Seven! Hardly. Try seventy times seven. "The kingdom of God is like a king who decided to square accounts with his servants. As he got under way, one servant was brought before him who had run up a debt of a hundred thousand dollars. He couldn't pay up, so the king ordered the man, along with his wife, children, and goods, to be auctioned off at the slave market. "The poor wretch threw himself at the king's feet and begged, 'Give me a chance and I'll pay it all back.' Touched by his plea, the king let him off, erasing the debt. "The servant was no sooner out of the room when he came upon one of his fellow servants who owed him ten dollars. He seized him by the throat and demanded, 'Pay up. Now!' "The poor wretch threw himself down and begged, 'Give me a chance and I'll pay it all back.' But he wouldn't do it. He had him arrested and put in jail until the debt was paid. When the other servants saw this going on, they were outraged and brought a detailed report to the king. "The king summoned the man and said, 'You evil servant! I forgave your entire debt when you begged me for mercy. Shouldn't you be compelled to be merciful to your fellow servant who asked for mercy?' The king was furious and put the screws to the man until he paid back his entire debt. And that's exactly what my Father in heaven is going to do to each one of you who doesn't forgive unconditionally anyone who asks for mercy."

Why I should choose to forgive in EVERY situation:

- **I forgive because God keeps _____ and _____ forgiving me.**

Colossians 3:13 (NLT)

Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

Matthew 18:27b (MSG)

Touched by his plea, the king let him off, erasing the debt.

Personal _____:

I don't forgive to minimize their wrong; I forgive to maximize grace through me.

- **I forgive because _____ only destroys me.**

Job 5:2 (GNT)

To worry yourself to death with resentment would be a foolish, senseless thing to do.

Job 18:4 (GNT)

You are only hurting yourself with your anger. Will the earth be deserted because you are angry? Will God move mountains to satisfy you?

Personal _____:

Resentment wrecks my sleep, my joy, my health, and my worship.

- **I forgive because I'll _____ forgiveness again.**

Mark 11:25 (TPT)

And whenever you stand praying, if you find that you carry something in your heart against another person, release him and forgive him so that your Father in heaven will also release you and forgive you of your faults.

Personal _____:

Forgiveness frees others but mostly it frees me.

The two most common phrases in my house are:

"I love you" and "Will you forgive me?"

How To Forgive Completely:

1

_____ my hurt and let God's light shine through me.

1 John 2:9-11 (MSG)

Anyone who claims to live in God's light and hates a brother or sister is still in the dark. It's the person who loves brother and sister who dwells in God's light and doesn't block the light from others. But whoever hates is still in the dark, stumbles around in the dark, doesn't know which end is up, blinded by the darkness.

2

_____ my offender, over and over again.

Matthew 18:21-22 (MSG)

At that point Peter got up the nerve to ask, "Master, how many times do I forgive a brother or sister who hurts me? Seven?" Jesus replied, "Seven! Hardly. Try seventy times seven."

3

_____ my pain with God's peace.

Colossians 3:15-16 (GNT)

The peace that Christ gives is to guide you in the decisions you make; for it is to this peace that God has called you together in the one body. And be thankful. Christ's message in all its richness must live in your hearts. Teach and instruct one another with all wisdom. Sing psalms, hymns, and sacred songs; sing to God with thanksgiving in your hearts.

Romans 12:19-21 (TPT)

Beloved, don't be obsessed with taking revenge, but leave that to God's righteous justice. For the Scriptures say: "Vengeance is mine, and I will repay," says the Lord. And: If your enemy is hungry, buy him lunch! Win him over with kindness. For your surprising generosity will awaken his conscience, and God will reward you with favor. Never let evil defeat you, but defeat evil with good.

Making _____ stops the spread of bitterness, anger, and hate.

Hebrews 12:15 (TPT)

Watch over each other to make sure that no one misses the revelation of God's grace. 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.

6 Steps to Make Amends with Someone:

1. _____ a list of names and pray.
2. _____ how I would like to be approached.

Luke 6:31 (GNT)

Do for others just what you want them to do for you.

3. Pick the _____ time and location.

Ecclesiastes 8:6 (GNT)

There is a right time and a right way to do everything, but we know so little!

4. Show up with the right _____.

Ephesians 4:15 (GNT)

Instead, by speaking the truth in a spirit of love, we must grow up in every way to Christ, who is the head.

5. Choose my approach and words _____.

Proverbs 12:18 (TEV)

If you are intelligent, you will be praised; if you are stupid, people will look down on you.

6. Accept the outcome and no matter what, keep a _____
_____.

James 1:19-21 (MSG)

Post this at all the intersections, dear friends: Lead with your ears, follow up with your tongue, and let anger straggle along in the rear. God's righteousness doesn't grow from human anger. So throw all spoiled virtue and cancerous evil in the garbage. In simple humility, let our gardener, God, landscape you with the Word, making a salvation-garden of your life.

A Peacemakers Prayer:

Dear Father, thank you for forgiving me of everything I've done in Christ. Today I choose to forgive (name) and ask you to bless them (if they are saved) or bring them to salvation (if they aren't saved), in Jesus' name. Show me anyone I may have hurt and how to make it right without causing new harm to others. Give me your timing, tone, and words. I ask you to let your peace rule in my heart. Make me a peacemaker not a scorekeeper.

*In Jesus name,
Amen*



Life's Healing Choices

Choosing Relationships | Week 6

November 8 & 9, 2025

My Choice #1 (The Reality Choice):

Realize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.

My Choice #2 (The Hope Choice):

Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.

My Choice #3 (The Commitment Choice):

Consciously choose to commit all my life and will to Christ's care and control.

My Choice #4 (The House Cleaning Choice):

Openly examine and confess my faults to myself, to God, and to someone I trust.

My Choice #5 (The Transformation Choice):

Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.

My Choice #6 (The Relationship Choice):

Evaluate all my relationships, offer forgiveness to those who've hurt me, and make amends for harm I've done to others when possible, except when to do so would harm them or others.

Matthew 5:7, 9 (NIV)

Blessed are the merciful, for they will be shown mercy...Blessed are the peacemakers, for they will be called children of God.



Matthew 18:21-35 (MSG)

At that point Peter got up the nerve to ask, "Master, how many times do I forgive a brother or sister who hurts me? Seven?" Jesus replied, "Seven! Hardly. Try seventy times seven. "The kingdom of God is like a king who decided to square accounts with his servants. As he got under way, one servant was brought before him who had run up a debt of a hundred thousand dollars. He couldn't pay up, so the king ordered the man, along with his wife, children, and goods, to be auctioned off at the slave market. "The poor wretch threw himself at the king's feet and begged, 'Give me a chance and I'll pay it all back.' Touched by his plea, the king let him off, erasing the debt. "The servant was no sooner out of the room when he came upon one of his fellow servants who owed him ten dollars. He seized him by the throat and demanded, 'Pay up. Now!' "The poor wretch threw himself down and begged, 'Give me a chance and I'll pay it all back.' But he wouldn't do it. He had him arrested and put in jail until the debt was paid. When the other servants saw this going on, they were outraged and brought a detailed report to the king. "The king summoned the man and said, 'You evil servant! I forgave your entire debt when you begged me for mercy. Shouldn't you be compelled to be merciful to your fellow servant who asked for mercy?' The king was furious and put the screws to the man until he paid back his entire debt. And that's exactly what my Father in heaven is going to do to each one of you who doesn't forgive unconditionally anyone who asks for mercy."

Why I should choose to forgive in EVERY situation:

- **I forgive because God keeps completely and totally forgiving me.**

Colossians 3:13 (NLT)

Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

Matthew 18:27b (MSG)

Touched by his plea, the king let him off, erasing the debt.

Personal Posture:

I don't forgive to minimize their wrong; I forgive to maximize grace through me.

- **I forgive because resentment only destroys me.**

Job 5:2 (GNT)

To worry yourself to death with resentment would be a foolish, senseless thing to do.

Job 18:4 (GNT)

You are only hurting yourself with your anger. Will the earth be deserted because you are angry? Will God move mountains to satisfy you?

Personal Reality:

Resentment wrecks my sleep, my joy, my health, and my worship.

- **I forgive because I'll need forgiveness again.**

Mark 11:25 (TPT)

And whenever you stand praying, if you find that you carry something in your heart against another person, release him and forgive him so that your Father in heaven will also release you and forgive you of your faults.

Personal Confession:

Forgiveness frees others but mostly it frees me.

***The two most common phrases in my house are:
“I love you” and “Will you forgive me?”***

How To Forgive Completely:

1

Reveal my hurt and let God's light shine through me.

1 John 2:9-11 (MSG)

Anyone who claims to live in God's light and hates a brother or sister is still in the dark. It's the person who loves brother and sister who dwells in God's light and doesn't block the light from others. But whoever hates is still in the dark, stumbles around in the dark, doesn't know which end is up, blinded by the darkness.

2

Release my offender, over and over again.

Matthew 18:21-22 (MSG)

At that point Peter got up the nerve to ask, “Master, how many times do I forgive a brother or sister who hurts me? Seven?” Jesus replied, “Seven! Hardly. Try seventy times seven.”

3

Replace my pain with God's peace.

Colossians 3:15-16 (GNT)

The peace that Christ gives is to guide you in the decisions you make; for it is to this peace that God has called you together in the one body. And be thankful. Christ's message in all its richness must live in your hearts. Teach and instruct one another with all wisdom. Sing psalms, hymns, and sacred songs; sing to God with thanksgiving in your hearts.

Romans 12:19-21 (TPT)

Beloved, don't be obsessed with taking revenge, but leave that to God's righteous justice. For the Scriptures say: “Vengeance is mine, and I will repay,” says the Lord. And: If your enemy is hungry, buy him lunch! Win him over with kindness. For your surprising generosity will awaken his conscience, and God will reward you with favor. Never let evil defeat you, but defeat evil with good.

Making amends stops the spread of bitterness, anger, and hate.

Hebrews 12:15 (TPT)

Watch over each other to make sure that no one misses the revelation of God's grace. 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.

6 Steps to Make Amends with Someone:

1. **Make a list of names and pray.**
2. **Imagine how I would like to be approached.**

Luke 6:31 (GNT)

Do for others just what you want them to do for you.

3. **Pick the right time and location.**

Ecclesiastes 8:6 (GNT)

There is a right time and a right way to do everything, but we know so little!

4. **Show up with the right attitude.**

Ephesians 4:15 (GNT)

Instead, by speaking the truth in a spirit of love, we must grow up in every way to Christ, who is the head.

5. **Choose my approach and words carefully.**

Proverbs 12:18 (TEV)

If you are intelligent, you will be praised; if you are stupid, people will look down on you.

6. **Accept the outcome and no matter what, keep a soft heart.**

James 1:19-21 (MSG)

Post this at all the intersections, dear friends: Lead with your ears, follow up with your tongue, and let anger straggle along in the rear. God's righteousness doesn't grow from human anger. So throw all spoiled virtue and cancerous evil in the garbage. In simple humility, let our gardener, God, landscape you with the Word, making a salvation-garden of your life.

A Peacemakers Prayer:

Dear Father, thank you for forgiving me of everything I've done in Christ. Today I choose to forgive (name) and ask you to bless them (if they are saved) or bring them to salvation (if they aren't saved), in Jesus' name. Show me anyone I may have hurt and how to make it right without causing new harm to others. Give me your timing, tone, and words. I ask you to let your peace rule in my heart. Make me a peacemaker not a scorekeeper.

*In Jesus name,
Amen*