

**“Does your Christianity make any Difference?”**  
**Healing Relationships**  
**John 17.20-23**  
**January 31, 2016**

**What happens to break a relationship?**

**1. Anger**

**2. Dysfunctionality underneath our skin**

† Compliant relationships – we play the game to avoid any type of confrontation.

† Cordial relationships – we are detached emotionally; we avoid intimacy and transparency

**3. Negligence**

† Neglecting to: express love and respect, minister and pray for the other, understand the other, and have meaningful communication with the other.

† Why are broken relationships such a big deal?

Broken relationships reveal a break in the relationship with God.

**Principles for Healing the Hurt**

**1. Almost w/o exception, broken relationships are caused by unresolved pain.**

† Emotional pain is a warning to our heart that something is not right.

† When you are hurt deeply in the emotional realm, you have a difficult time thinking clearly.

**2. A damaged relationship is not a function of how big the issue is, but of how weak the relational fabric is.**

† Weak relational fabric:

♥ commitment is low,

♥ acceptance is conditional,

♥ security is minimal, and

♥ forgiveness is absent.

† The problem in broken relationships is never a moment in time; the problem is the process. (Remember the “rock!”)

## **Principles of Christian relationships**

**1. Focus on the glory of God in other believers – John 17.22**

† Don't relate to the discrepancies you have with other believers, relate to Jesus in them!

**2. Commit to the point of investment**

**3. Take the person as they are, not as you want them to be**

**4. Unconditionally love and unconditionally respect**

**5. Be a quick forgiver**

† Don't wait until you feel like forgiving.