

RESET Your Relationships

RESET #2 - Pastor Gary Combs – 1/11/15 – Ephesians 4:25-32

2 Corinthians 5:17 (ESV) Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

Ephesians 4:25-32 (ESV) ²⁵Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. ²⁶Be angry and do not sin; do not let the sun go down on your anger, ²⁷and give no opportunity to the devil. ²⁸Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. ²⁹Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. ³⁰And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. ³¹Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³²Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

FOUR STEPS TO RESET YOUR RELATIONSHIPS:

1. Confront conflict _____.

Biblically confronting conflict:

Motive - _____

Ephesians 4:15 (ESV) Rather, speaking the truth in love...

Message – _____

Timing - _____

Method - _____

Proverbs 15:1 (NIV) A gentle answer turns away wrath, but a harsh word stirs up anger

2. Address anger _____.

Understanding Anger

Exodus 34:6 (NIV) ..."The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness,

James 1:19-20 (NIV) ... Everyone should be ... slow to become angry, for man's anger does not bring about the righteous life that God desires.

Controlling Anger

Proverbs 14:29 (NLT) Those who control their anger have great understanding; those with a hasty temper will make mistakes.

Proverbs 29:11 (NIV) A fool gives full vent to his anger, but a wise man keeps himself under control.

3. Communicate _____.

Colossians 4:6 (NIV) Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

4. Pursue unity _____.

Two steps:

Seeking forgiveness

Granting forgiveness

... is not

Matthew 18:21-22 (NIV) 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.

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