

# Relationships Matter

GOD'S DESIRE FOR A COMMUNITY OF BELIEVERS

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Part of the 'Growing Together'  
Discipleship Stream

Solihull  
Christian  
Fellowship



# Healing Hurt Hearts

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## **Matthew 15: 18**

But what comes out of the mouth proceeds from the heart, and this defiles a person

## **Galatians 5: 1**

For freedom Christ has set us free

## **Isaiah 61:1**

The Spirit of the Lord GOD is upon me.....he has sent me to bind up the brokenhearted

## **Psalms 147:3**

He heals the brokenhearted and binds up their wounds.

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## Why do we hurt each other with our words/actions?

- We speak from a place which has been wounded by others and past experiences
- We get triggered by certain words or situations and this causes a reaction in us

**R e l a t i o n s h i p s   M a t t e r**

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**How do we get healed up so we don't react?**

# Jesus

He died and nailed hurt to the cross. He rose again that we don't have to carry hurt from the past or present

Ps 139: 23-24 "Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!"

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**How do we receive this healing?**

By forgiving

As we are forgiven (by Jesus) so we choose to forgive others

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# Questions To Ponder...

## Coffee Questions

- What is forgiveness? Matt 18:21 - 35
- Is there an option as to whether we forgive or not? Matt 6:14
- Does forgiveness work? Discuss personal stories of where you have received healing from past hurts, painful situations

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