



Ch. 8 “Restore Relationships”

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1

Relational Seasons
Our relationships are continuously growing or dying. Seemingly stagnant ones might be awaiting conditions for growth. Some will die regardless of what we do.

2

Relational “Honeymoons” Never Last

Each new relationship begins with anticipation—perhaps even excitement—as well as trepidation. Then the “work” of flourishing begins.

3

We Invariably Hurt Others—and We Are Hurt

Emotional hurts deliver us to our original tendencies as cocooners and criticizers (Ch. 4). Do you see this in your life?

4

Forgiveness

Mutual forgiveness is the route to restored relationships. None of us is perfect. We have to express our hurts in love; and forgive as God forgives us.

5

REACH: STEPS TO FORGIVENESS

- Recall the hurt
- Empathize with the wrongdoer
- Altruistically offer forgiveness
- Commit publicly to forgive
- Hold on to forgiveness

Adapted from Everett L. Worthington, *Forgiving and Reconciling: Bridges to Wholeness and Hope* (Downers Grove, IL: InterVarsity, 2003), 73–74.

6

Indirect Forgiveness

Sometimes people reconcile by slowly acting differently rather than by using words directly to seek or grant forgiveness (deeds can act as words).

7

“To be a Christian means to forgive the inexcusable because God has forgiven the inexcusable in you.”

—C.S. Lewis, p. 109

Can we practice this in today’s uncivil world?

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