

The Gift of Relationships
Recovering from Hurt
Scripture reading: Ephesians 4:25-27

- I. It's ultimately damaging to a relationship to stockpile hurt and anger.
- II. Learn to recognize your default for dealing with hurt and anger.
- III. Own up to your own unhealthy relational patterns.
- IV. Confess your own faults and ask for forgiveness.
- V. Share your feelings in loving ways and take ownership of your own feelings instead of blaming.
- VI. Work for win/win solutions once wounds are healed and communication is complete.
- VII. Balance expectations with reality.