

*Compassionate Recovery*

Lesson #18

**FROM REGRET TO POSSIBLE RECONCILIATION**



**PRINCIPLE 4 PURSUE** truth about our relationships with God, self, and others by taking honest, comprehensive assessments of our lives for the purpose of identifying steps that move us from where we are closer to what God designed us to be.

**TREASURING GOD'S WAYS**

*“The kingdom of heaven is like treasure hidden in a field, which a man found and covered up. Then **IN HIS JOY** he goes and **SELLS ALL THAT HE HAS** and **BUYS THAT FIELD.***

Matthew 13:44

<sup>9</sup> *“Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, <sup>20</sup> but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. <sup>21</sup> For where your treasure is, there your heart will be also.*

Matthew 6:19-21

<sup>11</sup> My son, **IF YOU** receive my words and treasure up my commandments with you, <sup>2</sup> making your ear attentive to wisdom and inclining your heart to understanding;

<sup>3</sup> yes, **IF YOU** call out for insight and raise your voice for understanding, **IF YOU** seek it like silver and search for it as for hidden treasures,

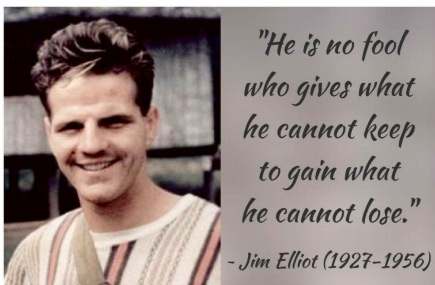
<sup>5</sup> **THEN YOU WILL UNDERSTAND** the fear of the Lord and find the knowledge of God.

<sup>9</sup> **THEN YOU WILL UNDERSTAND** righteousness and justice and equity, every good path;

<sup>10</sup> for wisdom will come into your heart, and knowledge will be pleasant to your soul;

<sup>11</sup> discretion will watch over you, understanding will guard you, <sup>12</sup> delivering you from the way of evil...

<sup>20</sup> So you will walk in the way of the good and keep to the paths of the righteous. Proverbs 2



**GUIDING PRINCIPLE 5a** **ACKNOWLEDGE** the value of making amends with those we have harmed...

**JESUS' LOVE AS OUR EXAMPLE FOR MAKING PEACE**

**Propitiation:** Jesus' shed blood became a covering for our sins, satisfying God's demands and diverting His angry away from those who receive in faith forgiveness of their sin and make Jesus Lord of their life.

**Reconciliation:** Because of propitiation, we have the possibility of reconciliation with God, self and others; changed relationships from enmity & fragmentation due to the breakdowns caused by sin to harmony & fellowship.

<sup>23</sup> For all have sinned and fall short of the glory of God, <sup>24</sup> and are justified by his grace as a gift, through the redemption that is in Christ Jesus, <sup>25</sup> whom God put forward as a propitiation by his blood, to be received by faith. This was to show God's righteousness, because in his divine forbearance he had passed over former sins. <sup>26</sup> It was to show his righteousness at the present time, so that he might be just and the justifier of the one who has faith in Jesus. **Romans 3:23-26**

<sup>1</sup> Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. <sup>2</sup> Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. **Romans 5:1-2**

<sup>6</sup> For while we were still weak, at the right time Christ died for the ungodly. <sup>7</sup> For one will scarcely die for a righteous person—though perhaps for a good person one would dare even to die—<sup>8</sup> but God shows his love for us in that while we were still sinners, Christ died for us.

<sup>9</sup> Since, therefore, we have now been justified by his blood, much more shall we be saved by him from the wrath of God. **Romans 5:6-9**

<sup>10</sup> For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life. <sup>11</sup> More than that, we also rejoice in God through our Lord Jesus Christ, through whom we have now received reconciliation. **Romans 5:10-12**

**God set the example. He freely paved the way so that we could have peace with Him, even though we were the guilty party and He the innocent one.**

**Though He was innocent He took the initiative to reconcile with us, so how can we who are guilty of harming others resist taking responsibility to try and to make amends for the harm we have caused?**

<sup>1</sup> Behold, how good and pleasant it is when brothers dwell in unity!

<sup>2</sup> It is like the precious oil on the head, running down on the beard, on the beard of Aaron, running down on the collar of his robes! <sup>3</sup> It is like the dew of Hermon, which

*falls on the mountains of Zion! For there the Lord has commanded the blessing, life forevermore. Psalm 133*

<sup>1</sup> I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, <sup>2</sup> with all humility and gentleness, with patience, bearing with one another in love, <sup>3</sup> eager to maintain the unity of the Spirit in the bond of peace.  
Ephesians 4:1-3

### **THING TO KEEP IN MIND WHEN MAKING AMENDS**

**GUIDING PRINCIPLE 5B** ...and identify specific people that with God's help and with the support of someone we trust we will work towards making amends for the hurt we have caused...

**Making amends requires having the courage to take personal responsibility for our actions by facing the person we need to try and reconcile with. This means openly and honestly discussing our actions without making excuses for what we have done, precisely identifying the harm we caused, and seeking what we can do to make this right.**

**1. Commit to God's Word as your guide, be prayerful for wisdom, obey God promptly and do it in a way that reflects your discipleship to Jesus.**

<sup>6</sup> "Speak to the people of Israel, When a man or woman commits any of the sins that people commit by breaking faith with the Lord, and that person realizes his guilt, <sup>7</sup> he shall confess his sin that he has committed. And he shall make full restitution for his wrong, adding a fifth to it and giving it to him to whom he did the wrong.

Numbers 5:6-7

<sup>23</sup> So if you are offering your gift at the altar and there remember that

**your brother has something against you,**

<sup>24</sup> leave your gift there before the altar and go.

First be reconciled to your brother, and then come and offer your gift. **Matthew 5:23-24**

<sup>8</sup> And Zacchaeus stood and said to the Lord, "Behold, Lord, the half of my goods I give to the poor. And if I have defrauded anyone of anything, I restore it fourfold." <sup>9</sup> And Jesus said to him, "Today salvation has come to this house... Luke 19:8-9a

**2. Understand that making amends is just as much for me as for the ones I have hurt.**

**3. Using our mentor or growth partner can play a key role in helping us through this process.**

*Those who trust in themselves are fools, but those who walk in wisdom are kept safe.*

Proverbs 28:26

*Without counsel plans fail, but with many advisers they succeed. Proverbs 15:22*

*And let us consider how to stir up*  
**[NASB: stimulate, NIV: spur, KJV: provoke]**  
*one another on toward love and good deeds.*  
Hebrews 6:24

**GUIDING PRINCIPLE 5C** "...except if to do so would cause someone else or ourselves harm."

**4. We must be careful to assess whether to try to make amends would be harmful to self or to others.**

*Each of you should look not only to your own interests, but also to the interests of others. Philippians 2:4*

**5. We need to pray for wisdom for discernment (what do we need to?) and clarity (how do I need to go about it?), using your growth partner or mentor for input as to when is the right time and what is the proper way to approach this .**

To **EVERYTHING** there is a season, and a time for every matter or under heaven. **Ecclesiastes 3:1**

*For there is a time and a way for everything, although man's trouble lies heavy on him.*

Ecclesiastes 8:6

**6. We need to clearly confess how we have wronged the person and genuinely express our remorse for what we did.**

<sup>10</sup> For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death. **2 Corinthians 7:10**

*Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy. Proverbs 28:13*

*I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the Lord," and you forgave the iniquity of my sin. Selah.*

**Psalm 32:5**

*Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.*

**James 5:16**

**7. We accept that our attempt to reconcile may not immediately - or ever - lead to reconciliation, but we are still to treat the other person with love.**

*We must understand that often the harm we have caused cannot be corrected by simply replacing something, saying "I'm sorry" or asking for forgiveness.*

*Depending on the depth of psychological and/or relational harm we've caused and the mindset of the person we harmed, these will impact the length of time the reconciliation process might take or even if reconciliation is possible.*

## THE PATHWAY TO RECONCILIATION

1. There is regret for what was done.
2. There is a confession of the specific hurt caused by the behavior.
3. There is admission of guilt and an apology for what was done.
4. There is an agreement as to what, if anything, can be done to make it right.
5. There is a commitment to not repeat the behavior.
6. There is a request for forgiveness.
7. Forgiveness is given.
8. The offense is removed and treated like it did not happen.
9. Reconciliation is completed – the pre-offense relationship is restored.

Hearing God's Word and putting it into practice:  
**BOTH ARE NECESSARY FOR VICTORY**

<sup>22</sup> *Do not merely listen to the word, and so deceive yourselves. Do what it says. James 1:22*

### GUIDING PRINCIPLE 5

**ACKNOWLEDGE** the value of making amends with those we have harmed and identify specific people that with God's help and with the support of someone we trust we will work towards making amends for the hurt we have caused,

*except if to do so would cause someone else or ourselves harm.*

### Weekly Going Deeper Study Guide For Amends: From Regret to Possibly Making Amends

- Before beginning each day simply ask God to help you see things that He would have you to see.
- When finished, pray again asking for the faith and the courage to follow His lead in areas He speaks to you about.

#### DAY 1

1. **USING YOUR INVENTORY READ VERSES P. 18 ON FORGIVENESS:** making notes under any verse God speaks to you.
2. If God has convicted you by any of the verses, put an "X" at the top of the page.

#### DAY 2

1. **USING YOUR INVENTORY READ THE VERSES ON P. 22 ON PRIORITIES:** making notes under any verse God speaks to you.
2. If God has convicted you by any of the verses, put an "X" at the top of the page.

#### DAY 3

1. **USING YOUR INVENTORY READ THE VERSES ON P. 26 ON ATTITUDES:** making notes under any verse God speaks to you.
2. If God has convicted you by any of the verses, put an "X" at the top of the page.

#### DAY 4

1. **USING YOUR INVENTORY READ THE VERSES ON PAGE 30 ON INTEGRITY:** making notes under any verse God speaks to you.
2. If God has convicted you by any of the verses, put an "X" at the top of the page.

#### DAY 5

1. **USING YOUR INVENTORY READ THE VERSES ON PAGE 34 ON MIND:** making notes under any verse God speaks to you.
2. If God has convicted you by any of the verses, put an "X" at the top of the page.

#### DAY 6-7

1. Complete any pages for the previous days you have not completed.
2. Reread lesson 17 and ask God to help you be able to listen to Him and that you will be able to honestly and comprehensively complete the Life Assessments.

