

## *The Recovery Room*

# **THE MISSING LINK TO RECOVERY**

*Ephesians 4:25-32*

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**In order to truly heal, you have to right the wrongs.**

### **1. You must understand your feelings.**

*Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Ephesians 4:31*

#### **A. All can relate to being hurt.**

*In the world, you have tribulation. John 16:33*

#### **B. All hurts turn into anger.**

*Do not let the sun go down on your anger, and do not give the devil an opportunity. Ephesians 4:26-27*

#### **C. All unresolved anger turns into bitterness.**

*One dies in his full strength, being wholly at ease and satisfied. While another dies with a bitter soul, never even tasting anything good. Job 21:23, 25*

### **2. You must forgive those who hurt you.**

*And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you. Ephesians 4:32*

#### **A. Forgiveness is commanded by God.**

*And whenever you stand praying, forgive, if you have anything against anyone; so that your Father also who is in heaven may forgive you your transgressions. But if you do not forgive, neither will your Father who is in heaven forgive your transgressions. Mark 11:25-26*

#### **B. Forgiveness is accomplished by:**

1. Uncovering the hurt.

2. Releasing the offender.

3. Doing it continually.

*Lord, how often shall my brother sin against me and I forgive him? Up to seven times? Matthew 18:21*

### **3. You must seek forgiveness from those you have hurt.**

*If therefore you are presenting your offering at the altar, and remember that your brother has something against you, leave you offering there before the altar, and go your way; first be reconciled to your brother, and then come and present your offering. Matthew 5:23-24*

- A. Search your heart.
- B. Make sure the timing is right.
- C. Make sure your response is right.

**Your healing is rooted in forgiveness.**