

## THE YEAR OF THE LORD'S FAVOR

*"The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, to proclaim the year of the Lord's favor."*

Luke 4:18-19 (NIV)

### EPHESIANS 4:29-5:2

### MENDING MESSY RELATIONSHIPS

*Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.*

1. Meaningful relationships are important for our spiritual and emotional **HEALTH**. Yet, we often struggle in this very arena because of self-focus.
  - Some behaviors **WRECK** our relationships.
  - Relationships thrive when we are **KIND** and **COMPASSIONATE**.
2. Unresolved relationships **STIFLE** our spiritual growth.
3. *FORGIVENESS* is the key to restoring broken relationships.
  - God **INSTRUCTS** us to forgive.
  - As children of God we have **RECEIVED** God's forgiveness.
  - **RESENTMENT** doesn't work and can be spiritually fatal.

*See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many.*

Hebrews 12:15 (NIV)

- Sometime in the future **I WILL NEED** forgiveness.
4. Whenever we act un-Godlike we **GRIEVE** the Holy Spirit. God's nature is forgiveness and healing. Our goal then, is to refocus our lives to do God's will in our relationships.

*Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.* (Eph..5:1-2)