

How to Heal From a Broken Marriage

1. Understand that your broken relationship is a _____ of _____.

Genesis 3:6-24 (NIV)

¹² The man said, "The woman you put here with me--she gave me some fruit from the tree, and I ate it."

¹³ Then the LORD God said to the woman, "What is this you have done?" The woman said, "The serpent deceived me, and I ate."

¹⁵ And I will put enmity between you and the woman, "I will greatly increase your pains in childbearing; with pain you will give birth to children. Your desire will be for your husband, and he will rule over you."

¹⁷ To Adam he said, "Cursed is the ground because of you;" ²³ So the LORD God banished him from the Garden of Eden ... ²⁴ After he drove the man out, he placed on the east side of the Garden of Eden cherubim and a flaming sword flashing back and forth to guard the way to the tree of life.

Romans 7:14-25 (NIV)

I am unspiritual, sold as a slave to sin.

¹⁵ I do not understand what I do. For what I want to do I do not do, but what I hate I do.

¹⁶ And if I do what I do not want to do,....

¹⁷ As it is, it is no longer I myself who do it, but it is sin living in me.

.... For I have the desire to do what is good, but I cannot carry it out.

¹⁹ For what I do is not the good I want to do; no, the evil I do not want to do--this I keep on doing.

²⁰ Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

When I want to do good, evil is right there with me.

²⁴ What a wretched man I am!

2. Understand that your broken relationship is a _____ of _____ people.

Psalm 73:21-22 (NIV)

²¹ When my heart was grieved and my spirit embittered,
²² I was senseless and ignorant; I was a brute beast before you.

2 Corinthians 7:10 (NIV)

¹⁰ Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

3. Understand that a broken relationship is a _____ of how Christ deals with His _____.

Hosea 1:2

² When the LORD first began speaking to Israel through Hosea, he said to him, "Go and marry a prostitute, so that some of her children will be conceived in prostitution. This will illustrate how Israel has acted like a prostitute by turning against the LORD and worshiping other gods."

Hosea 1:3

So he went and took Gomer the daughter of Diblaim.

Hosea 3:1 Then the LORD said to me, "Go again, love a woman *who is* loved by a lover and is committing adultery."

Hosea 3:2

So I bought her for fifteen shekels of silver and about a homer and a half of barley.

4. Put _____ in your brokenness by paralleled _____ journaling.

Ezekiel 36:26-27 (NIV)

²⁶ I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.

²⁷ And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.

5. Heal your _____ through _____ journaling.

1 John 1:9 (NIV)

⁹ If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

- a. Confess what _____ did.
- b. Confess what your _____ did.
- c. Confess what you _____.

6. Move towards the _____ of forgiveness.

- a. Make a _____ of all the _____ caused by your mate.
- b. Ask yourself do I really want to _____ all the _____ for the rest of my life.
- c. Ask yourself do I want to carry that pain in all the _____ of my _____.
- d. Take the one who offended you _____ your _____ hook by _____ the hook to _____.

Deuteronomy 32:35 (NIV)

³⁵ It is mine to avenge; I will repay.

What Forgiveness is Not

Forgiveness is not circumventing God's justice....

—It is allowing God to execute His justice in His time and in His way.

Forgiveness is not waiting for "time to heal all wounds."...

—It is clear that time doesn't heal wounds—some people will not allow healing.

Forgiveness is not letting the guilty "off the hook."...

—It is moving the guilty from your hook to God's hook.

Forgiveness is not the same as reconciliation....

—It takes two for reconciliation, only one for forgiveness.

Forgiveness is not excusing unjust behavior....

—It is acknowledging that unjust behavior is without excuse, while still forgiving.

Forgiveness is not explaining away the hurt....

—It is working through the hurt.

Forgiveness is not based on what is fair....

—It was not "fair" for Jesus to hang on the cross—but He did so that we could be forgiven.

Forgiveness is not being a weak martyr....

—It is being strong enough to be Christ like.

Forgiveness is not stuffing your anger....

—It is resolving your anger by releasing the offense to God.

Forgiveness is not a natural response....

—It is a supernatural response, empowered by God.

Forgiveness is not denying the hurt....

—It is feeling the hurt and releasing it.

Forgiveness is not being a doormat....

—It is seeing, if this were so, Jesus would have been the greatest doormat of all!

Forgiveness is not conditional....

—It is unconditional, a mandate from God to everyone.

Forgiveness is not forgetting....

—It is necessary to remember before you can forgive.

Forgiveness is not a feeling....