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**The Road To Restoration**  
"Healthy Relationships"  
Hebrews 12:14-15

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03-17-24

Introduction: We are in the midst of a series where we are laying out "The Road To Restoration."

1. Restoration is something we all need, but it can only be realized as we walk with God.
  2. So far, we have:
    - Identified the problem we face.
    - Identified Jesus is the answer.
    - Recognized the need to submit to Him as Savior and Lord.
    - Focused on the freedom of forgiveness.
    - Walked through the process of change.
  3. Today we take the sixth step where we explore our relationships.
  4. Because of the brokenness we live in, two relational realities exist.
    - We have hurt others.
    - We have been hurt by others.
  5. Until these hurts have been addressed, they will weigh on us and hold us back.
  6. Scripture offers us a guide to deal with these hurts. To overcome them, we must take two steps.
- I. I Must Forgive The People Who Have Hurt Me
- A. Why Is This Important?
- Because Of My Relationship With God
  - Because Of The Danger Of Refusing To Forgive

B. How Do We Forgive?

- Recognition
- Revelation
- Release
- Replace

II. I Must Seek Forgiveness From The People I Have Hurt

A. Why Is This Important?

- Change Is A Process
- People Are Valuable

B. How Do We Seek Forgiveness?

- Identification
- Intentionality
- Investment

Conclusion: As followers of Jesus, our relationships are a critical measurement of how we are doing at life.

1. We are to love our neighbors as we love ourselves.
2. This is not easy; sin complicates everything it touches.
3. We have hurt and have been hurt.
4. Learning to forgive and seeking forgiveness is the answer.
5. Healthy relationships are worth it!