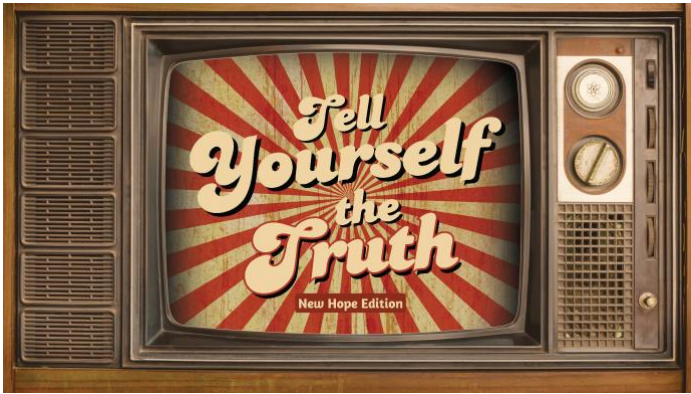


TAKE HOME SHEET



Series: Tell Yourself the Truth
Message: Time Heals All Wounds
Speaker: Rusty Coram
Date: February 16, 2025

If, all of a sudden, our nation abided by Ephesians 4:29, *“Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear.”* how might life be different? (Think about social media posts, news, political posturing, family conversations, workplace talk etc.)

One of New Hope’s Heart Attitudes is “Do Reconcile”. Why is this essential to building a healthy church community?

What happens when this is ignored?

Is there a relationship in my life where I need to admit my wrong and ask forgiveness? (If it could be a dangerous situation, please talk to a wise Follower of Jesus for help.)

²³ So if you are standing before the altar in the Temple, offering a sacrifice to God, and suddenly remember that a friend has something against you, ²⁴leave your sacrifice there beside the altar and go and apologize and be reconciled to him, and then come and offer your sacrifice to God.

Matthew 5:23–24 (TLB)

Is there a relationship in my life where I need to offer forgiveness?

³¹ Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. ³² Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Ephesians 4:31–32 (NLT)

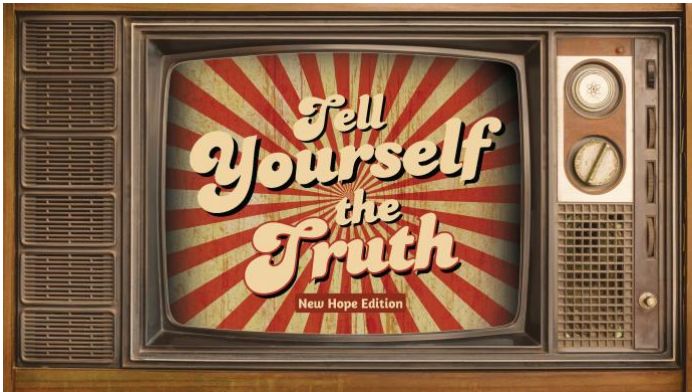
When will I step out and take action?

BIBLE TRANSLATIONS:

NLT – New Living Translation

TLB – The Living Bible

MESSAGE NOTES



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Time heals all wounds.

This statement is not only false but dangerous.

Time alone heals nothing.

Time plus humility, honesty, and initiative can heal all wounds.

⁹ Pray like this: Our Father in heaven, may your name be kept holy. ¹⁰ May your Kingdom come soon. May your will be done on earth, as it is in heaven. ¹¹ Give us today the food we need, ¹² and forgive us our sins, as we have forgiven those who sin against us. ¹³ And don't let us yield to temptation, but rescue us from the evil one.

Matthew 6:9–13 (NLT)

Unfortunately, we stop here and leave off the next statement Jesus makes...

¹⁴ If you forgive those who sin against you, your heavenly Father will forgive you. ¹⁵ But if you refuse to forgive others, your Father will not forgive your sins.

Matthew 6:14-15 (NLT)

From this model prayer, we see that God is deeply interested in us and our relationships – all of them!

Doing my part to heal broken relationships...

- Is evidence that my faith in Jesus is real.
- Protects my friendship with God.
- Can keep my heart from becoming bitter and cold. (Hebrews 12:14-15 NLT)
- Gives the world a picture of God's love, grace, and power.

¹⁷ This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! ¹⁸ And all of this is a gift from God, who brought us back to himself through Christ. And God has given us this task of reconciling people to him.

2 Corinthians 5:17–18 (NLT)

Bonus:

Forgive and forget isn't helpful. **Forgive and don't replay** is the way to go!