



# The Well

an ordinary place  
where extraordinary  
things happen

[STSA.CHURCH/THEWELL](https://STSA.CHURCH/THEWELL)

**RELATIONSHIP HACKS**

Starting relationships is easy; fixing them isn't

# RELATIONSHIP HACKS

Part 1: Reassembly Required

## STARTING RELATIONSHIPS IS EASY; FIXING THEM ISN'T.

Example 1: "I'm sorry if I offended you"

Translation: you're too easily offended.

Example 2: "I said I'm sorry, why are you still upset?"

Translation: I did my part; what's your problem?

"Then after some days Paul said to Barnabas, "Let us now go back and visit our brethren in every city where we have preached the word of the Lord, and see how they are doing." Now Barnabas was determined to take with them John called Mark. But Paul insisted that they should not take with them the one who had departed from them in Pamphylia, and had not gone with them to the work. Then the contention became so sharp that they parted from one another." Acts 15:36-39

**THEME VERSE:**

"If it is possible, as much as depends on you, live peaceably with all men." Romans 12:18

### PRINCIPLE 1

## SUCCESS ISN'T RECONCILIATION; SUCCESS IS

"\_\_\_\_\_".

"Do not withhold good from those to whom it is due, when it is in the power of your hand to do so." Proverbs 3:27

## PRINCIPLE 2

### **FORGIVENESS ISN'T ENOUGH; I MUST STRIVE FOR \_\_\_\_\_.**

“Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation, that is, that God was in Christ reconciling the world to Himself, not imputing their trespasses to them, and has committed to us the word of reconciliation. Now then, we are ambassadors for Christ, as though God were pleading through us: we implore you on Christ’s behalf, be reconciled to God.” 2 Corinthians 5:18-20

“For it pleased the Father that in Him all the fullness should dwell, and by Him to reconcile all things to Himself, by Him, whether things on earth or things in heaven, having made peace through the blood of His cross. And you, who once were alienated and enemies in your mind by wicked works, yet now He has reconciled.” Colossians 1:19-21

“By this we know love, because He laid down His life for us. And we also ought to lay down our lives for the brethren.” 1 John 3:16

### ***WHAT’S STOPPING ME FROM TRYING...REALLY?***

# RELATIONSHIP HACKS

Part 2: Who Wants to Go First?

## IT'S ALWAYS EASIER TO START SOMETHING THAN IT IS TO FIX IT.

We dig in when we should open up.  
We avoid when we should address.  
We convince when we should connect.

“There is a way that seems right to a man, but its end is the way of death.”  
Proverbs 16:25

## STARTING RELATIONSHIPS IS EASY; FIXING THEM ISN'T.

### THEME VERSE:

"If it is possible, as much as depends on you,  
live peaceably with all men." Romans 12:18

### PRINCIPLE 1

**Success isn't reconciliation; success is "no regrets".**

### PRINCIPLE 2

**Forgiveness isn't enough; I must strive for reconciliation.**

“But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.” Romans 5:8

“We love Him because He first loved us.” 1 John 4:19

# RELATIONSHIP HACK #1

## I WILL COME BACK TO, NOT GET BACK AT

“Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, “Vengeance is Mine, I will repay,” says the Lord. Therefore “If your enemy is hungry, feed him; if he is thirsty, give him a drink; for in so doing you will heap coals of fire on his head.” Romans 12:19–20

“Let love be without hypocrisy. Abhor what is evil. Cling to what is good. Be kindly affectionate to one another with brotherly love, in honor giving preference to one another... Bless those who persecute you; bless and do not curse. Rejoice with those who rejoice, and weep with those who weep... Repay no one evil for evil. Have regard for good things in the sight of all men. If it is possible, as much as depends on you, live peaceably with all men.” Romans 12:9–18

## A QUESTION TO ASK AND A PRAYER TO PRAY

“Heavenly Father, help me to see \_\_\_\_\_ the way you do.  
Help me to feel toward \_\_\_\_\_ the way you do.”

***Do you think your heavenly Father  
is angry with that person?***

# RELATIONSHIP HACKS

Part 3: What's That in Your Eye?

## **STARTING RELATIONSHIPS IS EASY; FIXING THEM ISN'T.**

### **EXCUSES WE MAKE:**

I don't care.  
I already tried.  
It wasn't my fault.

“For all have sinned and fall short of the glory of God,” Romans 3:23

### RELATIONSHIP HACK #1

**I WILL COME BACK TO, NOT GET BACK AT.**

### RELATIONSHIP HACK #2

**I WILL OWN MY SLICE OF BLAME PIE.**

“And why do you look at the speck in your brother's eye, but do not consider the plank in your own eye? Or how can you say to your brother, ‘Let me remove the speck from your eye’; and look, a plank is in your own eye? Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck from your brother's eye.” Matthew 7:3–5

***“Heavenly Father, please show me where I am at fault.”***

**The more aware I am of what God has yet to do in me,  
the less aware I am and the less consumed I am  
by what He has yet to do in others around me.**

“All of you be submissive to one another, and be clothed with humility, for  
“God resists the proud, but gives grace to the humble.” Therefore humble  
yourselves under the mighty hand of God, that He may exalt you in due  
time.” 1 Peter 5:5–6

“If it is possible, as much as depends on you, live peaceably with all men.”  
Romans 12:18

# RELATIONSHIP HACKS

## Part 4: Giving Up to Get Ahead

"If it is possible, as much as depends on you, live peaceably with all men." Romans 12:18

### RELATIONSHIP HACK 1

**I WILL COME BACK TO, NOT GET BACK AT.**

### RELATIONSHIP HACK 2

**I WILL OWN MY SLICE OF BLAME PIE.**

### RELATIONSHIP HACK #3

**I WILL GIVE UP MY OLD STORIES AND REPLACE THEM WITH \_\_\_\_\_ EXPLANATIONS.**

"He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city." Proverbs 16:32

**Either you will control your emotions,  
or your emotions will control you.**

**We control our emotions by controlling  
our \_\_\_\_\_ .**

"Nothing in this world is good or bad, but thinking makes it so." William Shakespeare

“As a man thinks in his heart, so is he.” Proverbs 23:7

**Stories are what we \_\_\_\_\_ after  
an action has taken place.**

**OBSERVATION -> STORY -> FEELING -> ACTION**

“In the happiest couples, the wife rated the husband more positively than he did on every single quality. For some reason, the wife in a highly rewarding relationship consistently credited her husband with qualities that he didn't think he had.

And so, over time, my positive illusions create an upward spiral of love. My illusions give me conviction. My conviction leads to security. My security fosters intimacy. And my intimacy reinforces love.

Putting these conclusions together, this controlling insight can serve as the One Thing you need to know about happy marriage: Find the most generous explanation for each other's behavior and believe it.” The One Thing You Need to Know, by Marcus Buckingham

“And do not be conformed to this world, but be transformed by the renewing of your mind...” Romans 12:2

“But when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” Matthew 9:36

“Father, forgive them, for they do not know what they do.” Luke 23:34

***Is there a plausible reason why an intelligent,  
caring and decent person would do this?***

# RELATIONSHIP HACKS

## Part 5: Cancelling the Debt

"If it is possible, as much as depends on you, live peaceably with all men."

Romans 12:18

"Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation, that is, that God was in Christ reconciling the world to Himself, not imputing their trespasses to them, and has committed to us the word of reconciliation." 2 Corinthians 5:18-19

### RELATIONSHIP HACK #4

#### **RELATIONSHIP HACK #4: I WILL LET GO OF MY GRUDGES AND \_\_\_\_\_.**

"Pursue peace with all people, and holiness, without which no one will see the Lord: looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled." Hebrews 12:14-15

**The \_\_\_\_\_ and \_\_\_\_\_ of my relationships will depend on my ability to let go, move on, and forgive.**

#### **FORGIVENESS: TRUE OR FALSE?**

1. A person should not be forgiven until he/she asks for it.
2. Forgiving includes minimizing the offense & making excuses for the offender.
3. Forgiveness includes restoring trust and reconciling the relationship.
4. You haven't really forgiven until you've forgotten.

# FORGIVENESS = \_\_\_\_\_ THE \_\_\_\_\_

see Matthew 18:21-35

“So My Heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses.” Matthew 18:35

“And forgive us our debts, as we forgive our debtors... For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.”

Matthew 6:12, 14-15

**When you forgive, you in no way change the past.  
But you sure do change the future.**

## THE PATH TO FORGIVENESS

1. Identify who hurt you
2. Determine what they owe you
3. Cancel the debt
4. Dismiss the case

“Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, FORGIVING one another, even as God in Christ forgave you.” Ephesians 4:31-32

**Anyone unwilling to forgive is usually thinking of what was done TO THEM, not what was done FOR THEM.**

*“Heavenly Father, \_\_\_\_\_ has taken \_\_\_\_\_ from me.  
I have held on to this debt long enough  
but today I choose to cancel it forever.  
\_\_\_\_\_ doesn't owe me anymore.  
Just as You forgave me, I forgive \_\_\_\_\_.”*

# Welcome

*Whether you're just visiting or looking to stay, it's great to have you with us!*

## COFFEE'S ON US

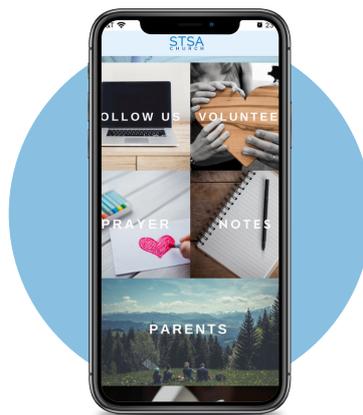
Enjoy a hot cup of coffee and snacks.

## WE'D LOVE TO MEET YOU

Stop by the Connection Table so we can get to know each other and pick up your welcome gift.

## FILL YOUR BUCKET

The Well and Sunday school runs for one hour with an inspiring message.



## EVERYTHING IN ONE SPOT

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- Watch or listen to The Well
- Calendar, Notes, and more!

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