

**“The Biblical Method for Healing Strained  
or Broken Relationships”  
Matthew 5:23-24**

Jesus’ two stunning statements about relationships:

**1. If a person has an issue with you and you haven’t tried to make it right,  
God has an issue with you!**

Matthew 5:23-24

God judges our inmost thoughts! The first word of verse 23 is “Therefore.”

"You're familiar with the command to the ancients, 'Do not murder.' I'm telling you that anyone who is so much as angry with a brother or sister is guilty of murder. Carelessly call a brother 'idiot!' and you just might find yourself hauled into court. Thoughtlessly yell 'stupid!' at a sister and you are on the brink of hellfire. The simple moral fact is that words kill" (Matthew 5:21-21, The Message).

A true child of the King will be vigilant to have right relationships with people.

It’s critical for us to see that the one who initiates the reconciliation is the person who has wronged the other person.

“...First go and be reconciled to your brother; then come and offer your gift” (Matthew 5:24b). Jesus is emphasizing urgency!

1 Timothy 1:5

If there is the possibility that someone is holding a grudge against you, Jesus is commanding you to urgent, immediate reconciliation.

**2. If you have an issue with someone and you’re still holding a grudge,  
God has an issue with you!**

In the first statement, Jesus is focusing on what to do when you’ve hurt someone. In the second statement, Jesus focusses on what to do when someone has hurt you.

Mark 11:25

“Anyone” includes believers and unbelievers.

This statement is stunning: don’t come to God asking for forgiveness or making requests while refusing to forgive others.

But effective prayer must be offered in faith with a spirit of forgiveness. Holding on to the hurt is an invitation for God to not answer our prayers.

Because people matter so much to God, I must be in fellowship with God in Heaven and people on earth if God is to answer my prayers.

How Christians commonly break Jesus' commands for maintaining healthy relationships:

1. We tell ten people how we were hurt before we go to the person who hurt us.
2. We don't deal with it immediately.
3. We assume since it happened so long ago, they've probably forgotten about it by now.
4. We rationalize, 'They're being petty; they need to get over it.'
5. We say, 'But they won't forgive me.'
6. If we've already had to reconcile with that person, we assume we'll never have to go through that again with them. If they hurt us again, we question the sincerity of their previous apologies.
7. We forget that perception is more powerful than reality. If they perceive you've wronged them, it feels real to them.
8. We mistakenly think God is impressed with our worship and our prayers when we haven't done our part to restore broken relationships.

Romans 12:18

Colossians 3:13

The church is a community of forgiven forgivers! Our model is the Lord Jesus Christ.

Luke 23:34

### **What is the Biblical method for healing strained or broken relationships?**

With urgency and humility go to the person you wronged and say, 'I was wrong; would you forgive me?'

When someone asks you to forgive him, from your heart, say, 'Of course I forgive you. Jesus forgave me.' Then treat them as if it never happened.