

# Reconciliation: Chill Pills For Relationships

"Chill Out", Part 2 of 3  
Pastor Cory Hunneyman

"The thief comes only to steal and kill and destroy..."

(John 10:10a, NIV)

**\*In order to truly experience the full life God desires for us, we must have the ability to deal with \_\_RELATIONAL CONFLICT\_\_ in \_\_RELATIONSHIP-SUSTAINING\_\_ ways.**

**\*The \_\_LONGER\_\_ you wait,  
the more \_\_PAINFUL\_\_ it will be.**

## I) A BIBLICAL PROCESS: JUST GO!

I) GO \_\_PRAYERFULLY\_\_

"You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you: Love your enemies and pray for those who persecute you..."

(Matthew 5:43-44, NIV)

II) GO \_\_HUMBLY\_\_

"Do not judge...for in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?"

(Matthew 7:1-3, NIV)

III) GO \_\_QUICKLY\_\_

"...if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there...first go and be reconciled to your brother...settle matters quickly with your adversary who is taking you to court..."

(Matthew 5:23-25, NIV)

IV) GO \_\_DIRECTLY\_\_

"If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over."

(Matthew 18:15, NIV)

V) GO \_\_THE EXTRA MILE\_\_

"You have heard that it was said, 'Eye for eye, and tooth for tooth.' But I tell you... If someone forces you to go one mile, go with him two miles."

(Matthew 5:38-41, NIV)

## II) A PRACTICAL METHOD: "OH, I SEE!"

### Observation

"Here's what I've been observing..."

- \_\_FACTUAL\_\_
- \_\_OBJECTIVE\_\_
- \_\_INDISPUTABLE\_\_

### Interpretation

"Here's how I've been interpreting it..."

- \_\_FEELINGS\_\_
- \_\_SUBJECTIVE\_\_
- \_\_DISPUTABLE\_\_

### Conclusion

"Here's the conclusions I've been drawing as a result..."

- **Admit your \_\_HUMANNESS\_\_**
- **Ask for \_\_CLARIFICATION\_\_**
- **Work towards \_\_RESOLUTION\_\_**

*I have come that they may have life, and have it to the full."*

(John 10:10b, NIV)