

~RCW~

BACK TO YOU

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Romans 12:18-21 “If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my dear friends, but leave room for God’s wrath, for it is written: ‘It is Mine to avenge; I will repay,’ says the Lord. On the contrary: ‘If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head.’ Do not be overcome by evil, but overcome evil with good.”

Three Things You Can Do to Rescue Relationships

1. CONTROL Your Emotions.

Romans 12:18-19 “Live at peace with everyone. Do not take revenge.”

Ephesians 4:26-27 “When you are angry, don’t let that anger make you sin, and don’t stay angry all day. Don’t give the devil a way to defeat you.”

God has emotions.

Genesis 6:6 “The Lord was sorry that He had made people on the earth. It made Him very sad in His heart.”

Mark 3:5 “Jesus looked at the people. He was angry, but He felt very sad because they were so stubborn.”

Luke 19:41 “Jesus saw Jerusalem and wept over it.”

God cares about your emotions.

Psalm 34:18 “The Lord is close to the brokenhearted; He rescues those whose spirits are crushed.”

Psalm 147:3 “God heals the brokenhearted and bandages their wounds.”

Proverbs 29:11 “A fool expresses all his emotions, but a wise person controls them.”

**Emotions make
connected relationships
meaningful.**

**Uncontrolled emotions
make connected
relationships miserable.**

2. COMMIT Your Emotions to God.

Romans 12:19 “Leave room
for God’s wrath.”

**Unforgiveness shuts
God out.**

**God won’t sort it out
when you shut Him out.**

Psalm 39:2-3 “I kept very
quiet but I became even
more upset. I became very
angry inside, and as I

thought about it, my
anger burned.”

Psalm 32:3-4 “When I kept it
all inside, my bones turned
to powder, my words became
daylong groans. The pressure
never let up; all the juices of
my life dried up.”

**What you resent, you
will eventually resemble.**

**Hurt hinders clear
thinking.**

Psalm 73:21-22 “When my
thoughts were bitter and my
feelings were hurt, I was as
stupid as an animal; I did not
understand You.”

**Don't allow hurt feelings
to control your
response. Let God
control your response.**

Job 11:13-16 “So commit yourself to God completely. Reach out your hands to Him for help. Get rid of all the sin you have. Don't let anything that is evil stay in your tent. Then, free of those things, **you can face others.** You can stand firm without being afraid. You can be sure **you will forget your troubles.** They will be like water that has flowed on by.”

**Peace begins when your
demand for
payment ends.**

3. Consider the REASONS for Other People's Emotions.

Romans 12:20-21 “On the contrary: ‘If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head.’ Do not be overcome by evil, but overcome evil with good.”

**Hurt people
hurt people.**

Hebrews 10:24-25 “Let us consider how we can stir up one another to love. Let us help one another to do good works. Let us encourage one another with words of hope.”

**The #1 error we
make during conflict
in relationships is to
assume MOTIVE.**

Proverbs 3:3-4 “Never let
loyalty and kindness
leave you! Tie them around
your neck as a reminder.
Write them deep within your
heart. Then **you will find
favor** with both **God and
people**, and you will earn a
good reputation.

Romans 12:18 “AS FAR as it
depends on you.”

Ephesians 4:31-32 “Get rid of
all bitterness, rage, anger,
harsh words, and slander, as
well as all types of evil

behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.”

Peace is possible for you when you've done all you can do.

Memory Verse: Romans 12:18 “If it is possible, as far as it depends on you, live at peace with everyone.”