

## SHIPS – Finale

### Week #4 – Sunken Ships

**Note:** Relationships are the glue that hold our society together. We found out during the height of Covid, that we actually need people more than we like to admit. When health protocols made it necessary to distance ourselves and meet via video calls, we suddenly missed the human interaction that God knew we needed all along. When offices opened back up and hugging resumed and masks gave way to smiling faces, things seemed right in the world again. But relationships can be messy. People can be messy. Engaging in healthy dialogue and healthy conflict can be messy. And regardless of the relationship at hand, it takes work to maintain them and even more work to restore them when they've gotten strained. One of the hardest questions that we'll probably have to ask ourselves is, *"Which sunken SHIPS do we attempt to recover and which ones do we let rest at the bottom of the relational sea?"*

**Psalm 41:5 – 9 (GNT)** *My enemies say cruel things about me. They want me to die and be forgotten. <sup>6</sup> Those who come to see me are not sincere; they gather bad news about me and then go out and tell it everywhere. <sup>7</sup> All who hate me whisper to each other about me, they imagine the worst about<sup>[b]</sup> me. <sup>8</sup> They say, "He is fatally ill; he will never leave his bed again." <sup>9</sup> Even my best friend, the one I trusted most, the one who shared my food, has turned against me.*

### Ten Keys to Restoring a Broken Relationship

#### **1. Determine if the Relationship is Worth Salvaging**

- **Romans 12:18 (NIV)** – *If it is possible, as far as it depends on you, live at peace with everyone.*
- **QUOTE:** *We are commanded by God to love everyone, but the investment of our personal time and personal energy is a personal choice.*

#### **2. Pray and Ask for God's Help**

- **Psalm 23:1, 2 (GNT)** – *The Lord is my shepherd; I have everything I need. <sup>2</sup> He lets me rest in fields of green grass and leads me to QUIET POOLS of fresh water.*
- God is not leading us into battle zones for relationships. He's interested in bringing peace and quiet to our lives. That's why...
- **QUOTE:** *We must regularly evaluate which relationships add mutual value in our lives and which ones are a continual drama pit.*
- Ask God to guide you and open the other person's heart to hear your heart.
- **SIMPLE PRAYER:** *Father give me the humility and courage to approach \_\_\_\_\_ with the singular goal of reconciliation. Let no other spirit interfere with our communication and let us clearly hear each other's heart instead of each other's hurt. In Jesus's Name*

#### **3. Initiate a Simple Dialogue**

- Extend a simple olive branch to initiate conversation.
- Resist the urge to say too much and no need to try state your case in this message.

#### **4. Clearly State Your Intentions**

- Once you've established dialogue, be open, honest, and clear about your intentions.

- **EXAMPLE:** *I know we haven't spoken in 2 years, and I really hate it. You have meant a lot to me, and you still do. So, I was hoping we could take some steps to see if our friendship can be saved. I'm willing to try if you are. If you're not, I understand that too and will respect your position.*

## 5. Approach the Big Conversation with an “Others First” Mentality

- **Philippians 2:1 – 4 (MSG)** *If you've gotten anything at all out of following Christ, if his love has made any difference in your life, if being in a community of the Spirit means anything to you, if you have a heart, if you care—then do me a favor: Agree with each other, love each other, be deep-spirited friends. Don't push your way to the front; don't sweet-talk your way to the top. Put yourself aside, and help OTHERS get ahead. Don't be obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand.*

## 6. Choose to Release the Past

- **Philippians 3:13, 14 (NLT)** – *No, dear brothers and sisters, I have not achieved it, but I focus on THIS ONE THING: Forgetting the past and looking forward to what lies ahead,*
- The purpose of determining if the relationship is salvageable or not is to avoid the death trap of trying to prove who was right or wrong.
- **QUOTE:** *Winning the battle of who's right or wrong most often means losing the war of restoring the broken relationship.*
- **Mark 11:25 (AMPC)** – *And whenever you stand praying, if you have anything against anyone, forgive him and let it drop (leave it, LET IT GO), in order that your Father Who is in heaven may also forgive you your [own] failings and shortcomings and let them drop.*

## 7. Speak the Truth in Love

- **Ephesians 4:15 (NCV)** – *No! SPEAKING THE TRUTH WITH LOVE, we will grow up in every way into Christ, who is the head.*
- It's the *Golden Rule of Communication*.

## 8. Have Faith in God, but Measured Expectation in their Response

- **QUOTE:** *If God won't override the human will when dealing with Him, He certainly won't override it when we're dealing with others.*

## 9. Accept Responsibility and Be Willing to Apologize

## 10. Be Prepared to Enforce Your Boundaries

- Our newfound relationship can only remain intact if we both are honest about our needs and expectations, and we vow to honor those boundaries.

**BONUS:** **Accept the fact that the relationship may never be what it once was or could have been.**