
Caring – Focusing on Those That Matter the Most: Healing the Rage

*New Hope Community Church
Dr. Jack Bracy, May 14, 2017*

“There is no fear in love; perfect love drives out all fear. So then, love has not been made perfect in anyone who is afraid, because fear has to do with punishment.” **1 John 4:18, GNB**

The Problem: All Relationships Have Raw Spots

1. A Raw Spot Is a Relational Injury
2. I Identify My Raw Spot by My Rage

The Rage Is How I Express My Pain

3. A Complication with Raw Spots Is That They Are Interactive
4. The Primary Reason That Raw Spots Go Unhealed Is That I Really Don't Care Enough That My “Loved One” Is Hurting

“A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another.” **John 13:34–35, ESV**

I Defend and Deflect

I Don't Take Responsibility for My Actions

God Has a Plan for Healing in All Relationships

“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives. Let us not become conceited, or provoke one another, or be jealous of one another.” **Galatians 5:22–26, NLT**

Loving People When It Difficult to Love

Is the Sign of a Changed (ing) Life

I Need to Learn to Respond to My
Loved One's Pain in Ways That Bring Healing

Where Do I Begin?

1. I Must Build My Intimacy with God

2. I Must Learn to Have Healthy Relationships

Stop All Ungodly Behavior

Talk

Move Towards

Give Comfort

Practice Listening

Demonstrate Caring

3. I Must Talk About My Raw Spots

4. I Must Take Responsibility for My Actions

Outward

Inward

Take Up the Godly Battle for Healthy Relationships

What Has Someone Been Asking for Change In

That I Have Been Resisting?

What Fear Lies Behind Your Resistance?

In What Way Can I Involve My Faith in Creating Change?

What Area of My Life Needs to Be Submitted to The Lordship of Christ?