

Relational R.E.S.T.

The vertical relationship we have with God is in direct connection with the horizontal relationships we have with others.

Our relationships are paramount to our living in rest.

RECONCILE

Matthew 5:9 - “Blessed {spiritually calm with life-joy in God’s favor} are the makers and maintainers of peace for they will express His character and be called the children of God.”

God’s children look to maintaining peace with others.

Look up in your Bible Matthew 5:22-23

Reconciliation trumps worship. God wants us to seek reconciliation with our brother/sister in Christ *before* He wants our worship.

What is the result of our not seeking reconciliation:

1. **Our relationship with God is hindered** - Look up 1 John 4:20-21 - How do you feel about God when you read this one verse? Is seeking the best for someone that is very difficult for you to get along with, much less like, a hard instruction to hear from God?

For true reconciliation to happen, someone has to die - die to self, die to self-entitlement, die to self-rights, etc. Be the one who makes the first move.

2. **Hinders our prayer life** - Look up 1 Peter 3:7-8 - How we treat others has a direct impact on our prayers being received by God.
3. **Hinders personal happiness** - Write down where in your life you need to seek reconciliation. Seeking reconciliation doesn’t mean you condone a wrong behavior or a sin or an abuse, but what it does mean is that your love for

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1. **Make the first move** - Pray for the one you’ve been having issues with this prayer” “Lord, enable me to pray for them exactly the way You see them? And He will begin to soften your heart with His love - you will see them as God sees them - and this may take a while, and that’s ok - but if you make this your prayer, then you will pray and do as His love prods you forward.

God has given us a spirit of power, love and of a sound mind, and a “sound mind” translates to mean of “self- discipline,” according to 1 Timothy 1:7. What does that mean to you? Look that

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verse up in your Bible and read it slowly so that you give thought to each characteristic God has given you. Then, write down what thoughts are coming to your mind.

Read this next verse out loud softly and slowly.

“Do not those who plot evil go astray? But those who plan what is good find love and faithfulness.” Proverbs 14:22

Why doesn't the verse just say, “But those who **do** what is good find love and faithfulness? Why does it say “But those who PLAN what is good find love and faithfulness? Why do you believe the word “plan” is the holy inspired verb in that verse, and not the word “do?” We may find help in answering that by looking at the first verb in the verse. Read again the first question found in the verse?

So we have PLOT and PLAN - What does the word “plot” mean to you?

Did the words “devise, scheme, arrange, concoct, frame, brew,” come to mind? If so, place the word “secretly” in front of those words and you will find why the word PLOT is used. That one implied word, “secretly,” reveals the deeper message in this one verse - the condition of the heart. When someone is plotting, organizing, scheming, framing, devising something secretly, that is a heart issue. And here's how the Lord feels about the heart -

“For a man's ways are in full view of the Lord, and he examines all his paths,” Proverbs 5:21

“The eyes of the Lord are everywhere keeping watch on the wicked and the good,” Prv. 15:3

“The Lord weighs the heart,” Prv. 21:2

“The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.” 1 Samuel 16:7

“My son, give me your heart and let your eyes delight in my ways,” Prv. 23:26

But then Proverbs 14:22 goes on to say, “But those who plan what is good....” In other words, this person simply meditates on and give intentional thought toward DOING GOOD. Their heart beats a thousand times stronger as they think about the good they can do towards others in

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showing the Love of God. Just the simple and authentic decision to PLAN good, the Lord says brings blessing!

So, let's take this a little closer into our own heart. What feeling have you been toting towards someone else that is not in line with the Spirit of love? What plans or plotting have you been contemplating? The best thing we could do right now is be brutally honest with ourselves and with God — because He already knows anyway. And He love us so much that brining to Him our true feelings, is the starting place in making that first move toward reconciliation.

2. Admit any fault and any actions that may have hurt them - humble yourself totally. God WILL reward you for genuinely showing humility.

James 4:1 - Look this one verse up and consider putting it to memory.

Be willing to learn from their own perspective. Be a listen - be slow to speak and quick to listen. In the listening, the Spirit IS at work in both of you. He is working!

3. Be sure to speak the truth in love. “Speak truth in love, not with a club.” Be authentic and genuine in sharing the truth. When truth is shared with a smug or holier-than-thou attitude, it just no longer is truth. *True* truth is first loving, kind, and compassionate. Most importantly, tell the truth - tell truth in love, not anger, bitterness, or grudge holding. And the way we get to that point is when we have already spent time with God pouring out our heart to Him.

Sow seeds of love - and you will reap what you sow. We will *always* reap what we sow. Sow humility, sow love, sow kindness, sow selfishness.

4. Focus on the reconciliation, not the resolve. We may need to agree to disagree, and that's ok as long as we can live in a peace-filled relationship. It's the ministry we've been given ... to share the message of reconciliation with God, therefore, with each other as well.

EXCLUDE

Exclude any relationship that is abusive. Abuse is never to be accepted.

- exclude all pride
- exclude all dishonesty and lack of trust
- exclude all gossip - it is a wedge that severs relationships

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Go to the Back of Your Bible - in the concordance - and look up words that describe the relationships you long to experience and begin studying the characteristics of good godly relationships. Write down in your notebook, words like: kind, honest, dependable, loyal, devoted, happy, etc. and (without being in a hurry) take the next several days to read and really understand just how important our relationships with others truly is to the Lord.

In my own life, I've not only been hurt to the core in relationships, I know I have also hurt others. And nothing grieves me more than to know that something I said or did injured someone's heart. That is why planning and acting on what God says brings reconciliation, are the very things we all need to do - it is so important to God that His children love, care, and show devotion to one another in peaceful relationships.

SURPASS

Where do you need to step beyond your comfort zone to make relationships with other people?
Where is it time (relationally) to build good godly relationships?

TRUTH

Spend time in God's Word so that it *shapes* your language. Spend time in God's Word so that it *shapes* your heart, your character, and your words. ***In truth*** ... those 2 words are a beautiful way to live!