

## Making Amends – Letting It All Go

8<sup>th</sup> & 9<sup>th</sup> Step - Lesson 1

*Matthew 5:20-24 – “For I tell you that unless your righteousness surpasses that of the Pharisees and the teachers of the law, you will certainly not enter the kingdom of heaven.*

*“You have heard that it was said to the people long ago, ‘Do not murder, and anyone who murders will be subject to judgment.’ But I tell you that anyone who is angry with his brother will be subject to judgment. Again, anyone who says to his brother, ‘Raca,’ is answerable to the Sanhedrin. But anyone who says, ‘You fool!’ will be in danger of the fire of hell.*

*“Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.”*

What gets in the way of amends?

- Fear of consequences
- Shame
- Pride, need to justify yourself
- What else?

Fear of consequences – See Step 1

Shame – See Romans 8:1 – “There is no condemnation for those who are in Christ Jesus.”

Need to justify yourself – “When you quit trying to justify yourself, you start getting better” (Psychologist Dr. Tom Lehmann).

- Compare Luke 16:15 -- He said to them, "You are the ones who justify yourselves in the eyes of men, but God knows your hearts. What is highly valued among men is detestable in God's sight."
- And Galatians 5:4 -- You who are trying to be justified by law have been alienated from Christ; you have fallen away from grace.

When you make amends, you're giving up ownership of an action you committed.

There's a kind of “death” involved in that, and we naturally want to avoid it. But with the Holy Spirit's power we actually seek it!

*Matthew 16:24-25 -- Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me. For whoever wants to save his life will lose it, but whoever loses his life for me will find it."*

Ways of making amends –

- Apologies
- Restitution
- Admitting a wrongdoing you'd been denying
- What else?