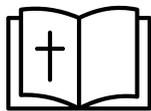


R E L A T I O N S H I P



# Connected in Christ:

## Twelve Steps for the Rest of Us



*This is how I want you to conduct yourself in these matters. If you enter your place of worship and, about to make an offering, you suddenly remember a grudge a friend has against you, abandon your offering, leave immediately, go to this friend and make things right. Then and only then, come back and work things out with God. (Matthew 5:23-24 The Message Bible)*

The  
Rev. Tom Scornavacchi



It is easy to make a list of all the people we have wronged along the way. Often it is a family member with whom we are estranged. Step 8 is about restoring relationships, but we must first forgive those who have harmed us to clear the way for us to ask for forgiveness.

*Step Eight*

**We made a list of all people we had harmed, and became willing to make amends to them all.**

# Reflection:

Here's what Henri Nouwen says about it:

"To forgive another person from the heart is an act of liberation. We set that person free from the negative bonds that exist between us. We say, "I no longer hold your offense against you." But there is more. We also free ourselves from the burden of being "offended one." As long as we do not forgive those who have wounded us, we carry them with us, or, worse, pull them as a heavy load. The great temptation is to cling in anger to our enemies and then define ourselves as being offended and wounded by them. Forgiveness, therefore, liberates not only the other but also ourselves. It is the way to the freedom of the children of God."

Bread for the Journey, Nouwen, Jan 26

## Reflection Questions

1. Will you make list the people you have harmed; even those who have also harmed you?

2. Will you become willing to make amends to them without regards to the outcome.

3. Is there one person, a close friend, a family member, a coworker whose relationship has been strained or broken?

4. How will you feel when that relationship is restored?

5. Do it...just do it.

