

The Way of Reconciliation

A Biblical Path for Restoring Broken Relationships

1. Look Within — Examine Your Own Heart

Before addressing another person, begin with honest self-examination before God.

Scripture:

- Psalm 139:23–24 – “Search me, O God, and know my heart ...see if there be any grievous way in me.”
- Matthew 7:3–5 – “First take the log out of your own eye.”
- Lamentations 3:40 – “Let us examine our ways and test them.”

Principle:

Healing begins when we ask:

“What is mine to face first in this relationship?”

2. Repent Before God

All sin is ultimately against God, so repentance must begin with Him.

Scripture:

- Psalm 51:4 – “Against you, you only, have I sinned.”
- 1 John 1:9 – “If we confess our sins, he is faithful and just to forgive.”
- Acts 3:19 – “Repent therefore, and turn back.”

Principle:

True repentance means taking responsibility without excuses.

3. Confess Specifically

A sincere apology names the wrong and expresses real remorse.

Scripture:

- James 5:16 – “Confess your sins to one another.”
- Proverbs 28:13 – “Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.”

Principle: “I’m sorry” is not enough. Name the specific actions and the harm caused.

4. Ask for Forgiveness Humbly

Forgiveness cannot be demanded; it must be requested with humility.

Scripture:

- Luke 17:3–4 – “If your brother sins... and repents, forgive him.”
- Matthew 5:23–24 – “First go and be reconciled to your brother.”

Principle:

From genuine repentance comes the humble request:

“Will you forgive me?”

5. Speak the Truth in Love

Healthy relationships require honest and compassionate communication.

Scripture:

- Ephesians 4:15 – “Speak the truth in love.”
- James 1:19 – “Be quick to listen, slow to speak, slow to anger.”

Principle:

Listen carefully and seek understanding, not victory in an argument.

6. Persevere Through the Work of Healing

Deep wounds take time and effort to heal.

Scripture:

- Galatians 6:9 – “Let us not grow weary of doing good.”
- Romans 12:18 – “If possible, so far as it depends on you, live peaceably with all.”

Principle:

Restoration requires patience, prayer, and sometimes wise counsel.

7. Walk Forward in Transformation

The goal is not simply resolving a conflict, but becoming more like Christ.

Scripture:

- Ephesians 4:31–32 – “Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”

- Colossians 3:12–14 – “Clothe yourselves with compassion, kindness, humility... forgive as the Lord forgave you.

Principle:

Reconciled people become agents of reconciliation.

A Simple Memory Phrase

Examine → Repent → Confess → Ask → Speak → Persevere → Transform

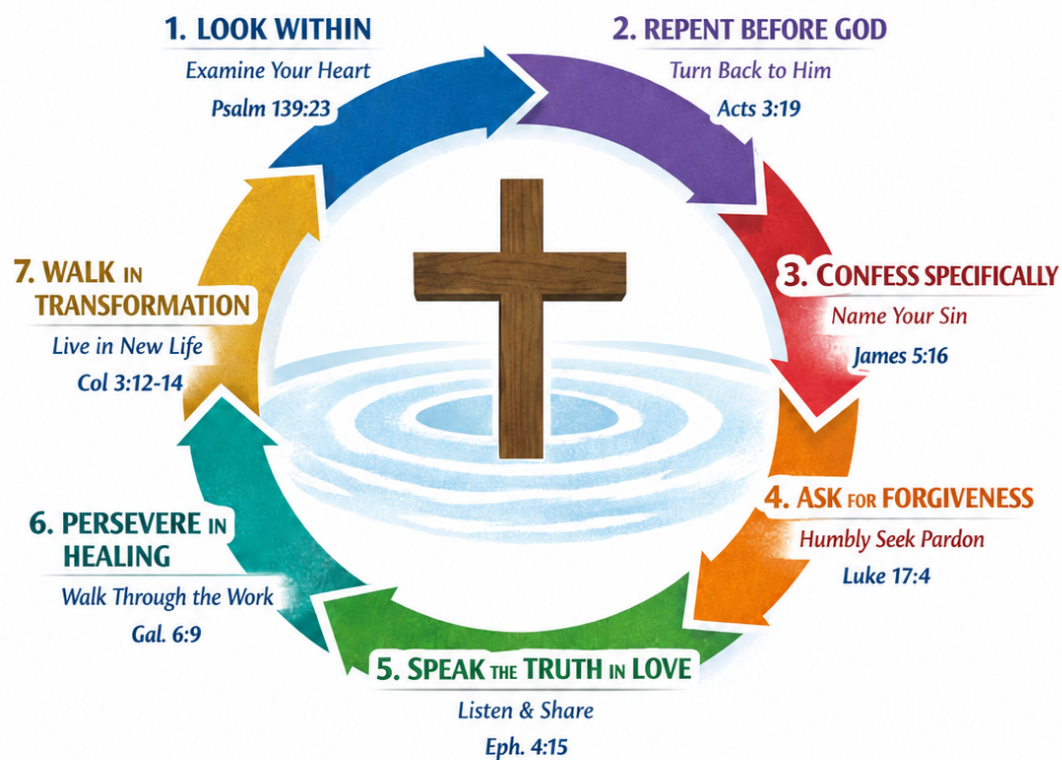
John 14:6

“I am the Way, and the truth, and the life.”

Following Jesus, the Way, leads us into the way of reconciliation—with God and with one another.

THE WAY OF RECONCILIATION

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John 14:6

*“I am the Way, and the **Truth**, and the Life.”*

Reflections on a Broken Marriage Relationship

These reflections come from a Brian and Jill Harden talk (Daily Audio Bible April 2026) about their broken relationship and their path toward healing, repentance, and restoration.

1. Begin by asking: *What is mine to face first in this relationship?* Always start here.
2. Go deep enough within yourself to understand the roots of hurtful behavior.
3. Saying “*I’m sorry*” is not enough. Be specific—name the actions and express true remorse.
4. “*I’m sorry, but you made me do this*” is not repentance.
5. Repent first before God, and then to those you have sinned against or offended.
6. From genuine repentance and remorse comes the asking of forgiveness.
7. Ask yourself: *Who do I want to be before God—not before parents, spouse, or friends?*
8. Speak honestly about your struggles with God and with one another.
9. Real healing requires the willingness to do the work.
10. Prayer gives endurance and perseverance through the process.
11. If necessary, step away for a season of intensive therapy or counseling.
12. Often, individual therapy should come before relationship or marriage therapy.
13. Expect many start-and-stop moments along the way.
14. Shame, self-hatred, and co-dependency may take years to recover from.
15. Work toward truly understanding what you personally need.
16. Seek a therapist who specializes in the areas where you need help.
17. Ask yourself honestly: *Am I sleeping through life?*
18. What truth about myself must I be willing to face?
19. My well-being cannot be measured only by how I’m doing with others, but also by what is happening within me.
20. What responsibility and reality belong to me in this relationship?
21. Am I more wounded than I realize?
22. Could it be that I am causing harm?
23. Am I afraid to face what I need to face?
24. Be willing to enter the wilderness of self-examination.
25. We cannot continue acting out of our brokenness.
26. Have I truly listened to people who are telling me difficult things about myself?
27. Am I resisting truth because of pride? I must be willing to admit that I need help.

28. Acknowledge when what I am doing is not working.
29. Consider honestly whether I am the common denominator in broken relationships.
30. Toxic shame can produce deep feelings of unworthiness and darkness.
31. Come out of isolation—healing rarely happens alone.
32. There is an order to healing, but it is not linear and not a formula.
33. The journey often involves self-discovery, examining childhood influences, and recognizing behavioral patterns.
34. Trust cannot be repaired until the truth is spoken.
35. Reconciliation cannot happen while reality is avoided.
36. Safety cannot be built while things remain hidden.
37. Intimacy cannot grow without honesty.
38. Healing cannot begin until the issue is named and owned.
39. Closeness cannot be asked for while patterns that cause division continue.
40. Repentance is not real if hurtful behavior is still being justified.
41. Do not return to bondage simply because it feels familiar.
42. Three years of therapy and repair is not a long time when the wounds have existed for most of life.
43. Restoring what is broken requires significant emotional and spiritual energy.
44. Choose not to run from what is frightening—face it with courage.
45. Search your ways before God and seek help from wise friends and qualified professionals.
46. God is safe; He never turns away the one who is truly remorseful and repentant.
47. True repentance proves itself through changed actions.
48. Rebuilding trust often takes a long time.
49. Do not seek validation in the wrong places.
50. In the end, righteousness before God—and even His discipline—becomes our comfort.