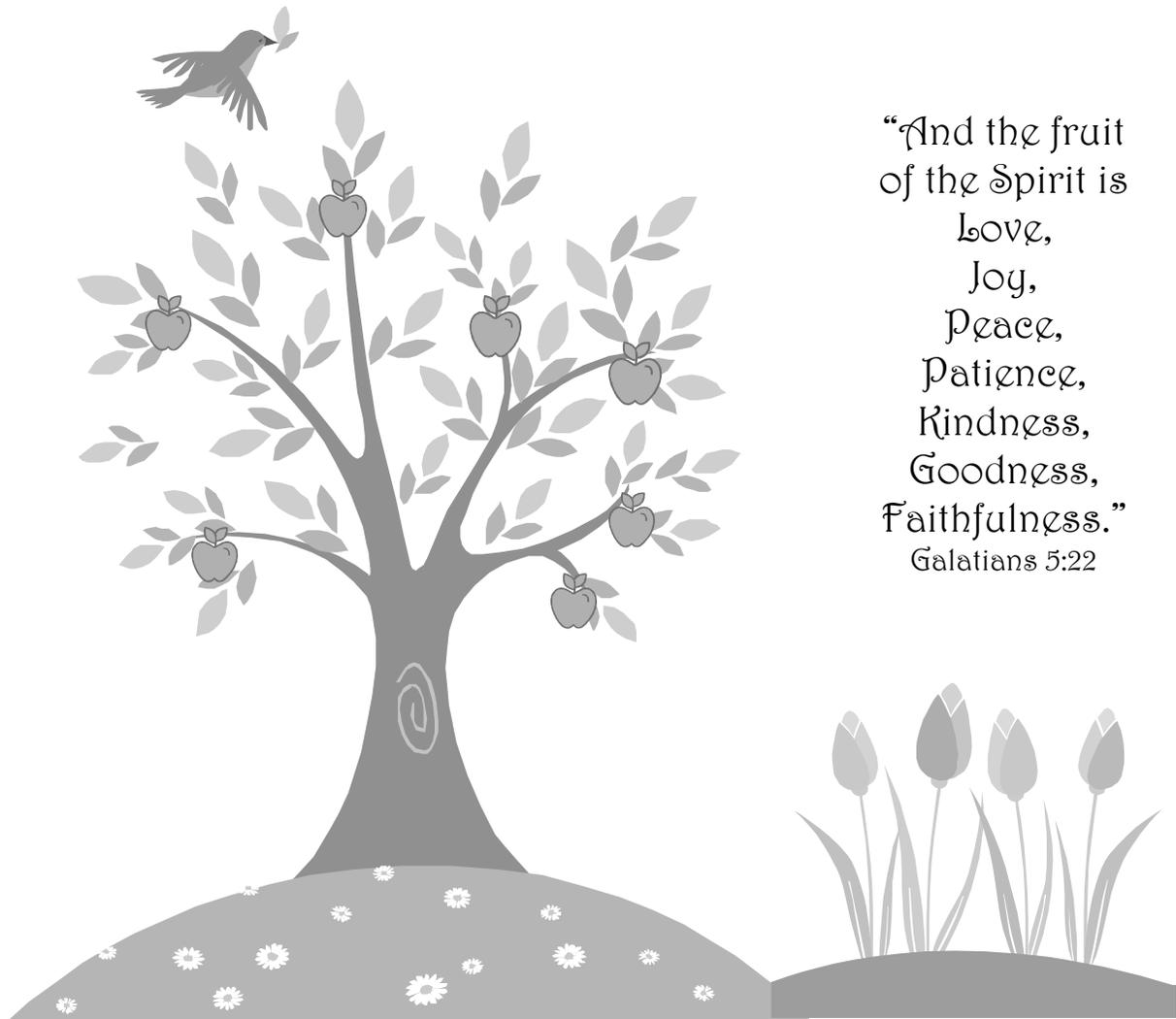

Breaking Down the Barriers—6

Keeping the Barriers Down



“And the fruit
of the Spirit is
Love,
Joy,
Peace,
Patience,
Kindness,
Goodness,
Faithfulness.”
Galatians 5:22

“He is our Peace, making us one, breaking down the barriers between us.”
Ephesians 2:14

Suggestions for Keeping the Barriers Down

6A

Yield yourself up to God each morning—Depend on Him.

Not my will, but Thine, be done. Luke 22:42 I can of mine own self do nothing.—John 5:30

Keep His Word in your heart and mind through the Holy Spirit

It is the spirit that quickeneth; the flesh profiteth nothing; the words that I speak unto you, they are spirit, and they are life. John 6:63

Recognize the first signs of SELF rising up—give it over to God!

Your ears shall hear a word behind you, saying, "This is the way, walk in it," Whenever you turn to the right hand or whenever you turn to the left.—Isaiah 30:21

Admit when you fail and ask forgiveness of God and others

Confess your faults one to another.—James 5:16

Give forgiveness when others fail you

And be kind to one another, tenderhearted, forgiving one another, just as God for Christ's sake has forgiven you.—Ephesians 4:32

Don't control others—Let God be in control of you

Why do you look at the speck in your brother's eye, but do not consider the plank in your own eye?—Matthew 7:3 Submitting yourselves one to another in the fear of God.—Ephesians 5:21 We ought to obey God rather than men. Acts 5:29

Care about others (Listening, Understanding, Closeness, Appreciation)

Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for your own interests, but also for the interests of others.—Philippians 2:3,4

Asking Forgiveness—When you have wronged someone...

-  Do Be Specific: “I’m sorry that I was irritated with you.
Will you forgive me?”
-  Don’t just say, “I’m sorry!”
-  Do take all the responsibility for your part.
-  Don’t say, “I’m sorry *IF* I offended you...”
(you may say, “I’m sorry, I didn’t mean to hurt you...”)
-  Don’t say, “I’m sorry, BUT....it was really your fault...”
-  Don’t get back at them by saying, “I’m sorry, BUT...
remember when you did such and such...”
-  Don’t demand that the other person ask forgiveness
or give forgiveness

Giving Forgiveness—When someone has wronged you...

-  Do say, “I forgive you,” when asked.
-  Don’t respond with, “It’s okay!” or “Don’t worry about it!”
or “Just forget it!”—The other person needs forgiveness,
not just a brush off.
-  Do say, “I was wrong too.” Then ask forgiveness
for your part (if appropriate).
-  Do forgive, even if the other person doesn’t ask.
-  Don’t brood over what the other person did to you or how
they mistreated or misunderstood you—give it to Jesus.

Forgiveness is surrendering my right to hurt you.....for hurting me.

Keeping the Barriers Down—Practicum

6C

Briefly fill in each of the questions below in regards to someone close to you. Then take the time to follow through with the suggestions beneath each one.

Little thing that bugs me about someone...

Lord, I choose to cancel the debt he/she owes and forgive. Show me things to appreciate...

I felt wronged or hurt by someone recently when...

Lord, I choose to cancel the debt he/she owes and forgive...

I wronged or hurt someone recently when I...

I was wrong for _____ will you please forgive me?

A recent conflict I had with someone...

What was my attitude? _____

Did I listen and understand? Did I care about his/her heart?

Lord, my attitude was wrong, please forgive and cleanse me. Give me grace to humble myself and work this out with him/her.

Something I appreciate or admire about someone...

Tell him/her...write a note...give a call...whatever it takes...do it often...

Look to God First

Consecrate yourself to God in the morning; make this your very first work. Let your prayer be, "Take me, O Lord, as wholly Thine. I lay all my plans at Thy feet. Use me today in Thy service. Abide with me, and let all my work be wrought in Thee." This is a daily matter. Each morning consecrate yourself to God for that day.

Surrender all your plans to Him, to be carried out or given up as His providence shall indicate. Thus day by day you may be giving your life into the hands of God, and thus **your life will be molded more and more after the life of Christ.** —FLB 125

Dealing with Conflicts

Repay no one evil for evil.—Romans 12:17

Those who are dead to self will not **feel so readily and will not be prepared to resist everything which may irritate.** Dead men cannot feel. You are not dead. If you were, and your life were hid in Christ, **a thousand things which you now notice, and which afflict you,** would be passed by as unworthy of notice; you would then be grasping the eternal and would be above the petty trials of this life.—2T 425



Little mistakes may be made, but words of censure arouse feelings of retaliation, and God is dishonored. . . **Any word spoken thoughtlessly or unadvisedly should be retracted on the spot.**—HP 182

Resolutely commence the work of controlling your thoughts, your words, your actions. **When either of you feels the rising of resentment, make it a rule to go by yourself and humbly pray to God,** who will hearken to the prayer which goeth not forth from feigned lips.—4T 243

They should humble themselves, saying frankly, **"I have done wrong. Will you forgive me?"** For God has said we must not let the sun go down upon our wrath." This is the only safe path toward overcoming. Many... nurse their wrath and are filled with revengeful, hateful feelings. . . Resist these wrong feelings, and you will experience a great change in your association with your fellowmen.—SD 142



Love not only bears with others' faults, but cheerfully submits to whatever suffering or inconvenience such forbearance makes necessary.—5T 169

If one errs, the other will exercise Christ like forbearance and not draw coldly away.—AH 118

But **speaking the truth in love,** [that we] may grow up in all things into Him who is the head—Christ.—Ephesians 4:15



Love is unsuspecting, ever placing the most favorable construction upon the motives and acts of others. **Love will never needlessly expose the faults of others.** It does not listen eagerly to unfavorable reports, but rather seeks to bring to mind some good qualities of the one defamed.—5T 168

Neither the husband nor the wife should attempt to exercise over the other an arbitrary control. **Do not try to compel each other to yield to your wishes. You cannot do this and retain each other's love.** Be kind, patient, and forbearing, considerate, and courteous.—MH 361

Love and Respect One Another

Let each of you look out not only for his own interests, but also for the interests of others.—Ephesians 5:21



It is the little attentions, the numerous small incidents and simple courtesies of life, that make up the sum of life's happiness; and it is the neglect of kindly, encouraging, affectionate words and the little courtesies of life which helps compose the sum of life's wretchedness.—2T 133-4

Let the husband and wife study each other's happiness, never failing in the small courtesies and little kindly acts that cheer and brighten the life.—MH 393

Let each one of you [husbands] in particular so love his own wife as himself, and let **the wife see that she respects her husband.**—Ephesians 5:33



Soul Check

“Examine yourselves, to see whether you are holding to your faith. Test yourselves. Do you not realize that Jesus Christ is in you? —unless indeed you fail to meet the test!” 2 Corinthians 13:5

Do I know that God loves *me* personally?

“I have loved *you* with an everlasting love, therefore with loving kindness have I drawn you. Jeremiah 33:3

Where is my security?

In Jesus?

Or in myself, my performance, my work, my friends, my plans, my money, my opinions, my entertainment, my health, my music, my family, my way?

What am I thinking?

“As a man thinks in his heart, so is he.” Proverbs 23:7

Am I Spirit-controlled or sin-controlled?

“The fruit of the Spirit is love, joy, peace, patience, gentleness, goodness, faith, meekness, self-control: against such there is no law.” Galatians 5:22

“Walk in the Spirit and you shall not fulfill the desires of the flesh.” Galatians 5:16

If I am not walking in the Spirit, what can I do?

“If I confess my sins, He is faithful and just to forgive me my sins and to cleanse me from *all* unrighteousness.” 1 John 1:9

Am I prepared for spiritual battle?

“Thy word have I hid in my heart, that I might not sin against thee.” Psalm 119:11