

Re-authoring Our Relationships

The wisest piece of advice I've ever read on overcoming hurtful words was found in the middle of one of the most helpful books I've ever read, *Strong Women, Soft Answers*, by counselor and author, Paula Rinehart (one of my favorites). She writes, "It is easy to build small lives around the pain we encounter, to get lost in the one thread of the plot of the story and miss the big theme. We can, unfortunately, build a monument to our woundedness. We can shape an identity around the things we've suffered. But somewhere in this, our hearts become frozen in place and the real life God has given becomes hidden, even to us. If you want to know real joy in your life, then be willing to let pain tutor you."

Let pain tutor you. After reading through Practice 7, jot down the significant ways pain has tutored you. What are your thoughts concerning these "re-authoring our relationships" practices?

- Forgive and forget (Colossians 3:13 and Matthew 7:7-12).

- Speak the truth in love (Ephesians 4:14-15).

- Act with discretion (James 1:19-20).

- Re-author limiting beliefs (Philippians 4:6-8, AMP).

- Establish healthy boundaries and healthy accountability (Galatians 5:1, MSG)

- End the relationship (Luke 6:43-45).

- Practice [godly] assertiveness (Matthew 5:37).

