



Holiday Park Church

11435 Montgomery Blvd. NE, Albuquerque, New Mexico 87111 505/293-1225

March 29, 2009

SERMON NOTES

Message Title:

“Overcoming the Pain of Broken Relationships”

Sermon Series: Overcoming Our Hurts

Scripture Reference: Ephesians 3:14-21 (NIV)

Introduction - "The Power of Relationships"

- Few things in all of life can compare with the satisfaction, joy, and connectedness that come when we love deeply and are deeply loved in an authentic, meaningful relationship.
- By contrast, few things in all of life can hurt as badly and as deeply as the wounds, the sorrow, and the alienation that comes when a relationship is broken.

God's Prescription for the Pain of a Broken Relationship

1. Talk to the Father. (vv. 14-15)

¹⁴ For this reason I kneel before the Father, ¹⁵ from whom his whole family in heaven and on earth derives its name.

- **Why?** Prayer is our passport to God's _____ .
(cf Jeremiah 33:3)

2. Ask God for the inner strength to yield rather than resist His work in your life. (vv. 16-17a)

¹⁶ I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love,

- **Why?** God longs to make your heart – _____ .
(cf Matthew 11 :28-30)

3. Ask God to help you grasp and experience His love in the midst of your pain. (vv. 17b-19)

¹⁷ so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge--that you may be filled to the measure of all the fullness of God.

- **Why?** Authentic spiritual growth only occurs in the fertile soil of _____ . cf 1 John 4:19)

4. Expect God to answer your prayers in a manner beyond your wildest dreams. (vv. 20-21)

²⁰ Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

- **Why?** Your welfare and Christ's glory are uppermost on _____ . (cf Psalm 84:11)

DISCUSSION QUESTIONS

1. What broken relationships has been the most painful in your life?
2. Why is it important to talk honestly and openly with God about the pain of our broken relationships?
3. What does it mean to allow "my heart to be Christ's home?" Why does it take such inner strength to give Him control (especially when we are "reeling" from a broken relationship)?
4. Why is allowing Christ to be the CEO and Mater of our hearts a prerequisite to experiencing His love?

5. What hope or promise from God in today's message was most helpful for you? What would it look like to trust Him in your life and relationships right now?

ADDITIONAL NOTES

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Ephesians 3:14-21 (NIV)