

TRICIAZODY
Another Beautiful Life
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

Episode 137 – In 5 Minutes: Reconciliation

The definition of reconciliation is the restoration of friendly relations. Or to be at peace again after some sort of fraction in the relationship. Because we cannot control what other people do or how they act in life, use this Guide when you are the one who has caused the “fraction in a relationship.”

1) Who do you need to be reconciled with? And why?

Colossians 3:13 tells us we are to “Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”

In order for us to be reconciled to someone we’ve hurt, there are four “R’s” that must be present.

The first “R” is **Remorse**. Remorse is a deep regret coming from a sense of guilt for a wrong committed.

2) Are you remorseful for your actions or words? Why or why not?

The second “R” that must be present is **Responsibility**. You must own what you did. Completely. No “buts” about it.

3) Do you take full responsibility for your actions or words? Write that out here:

The third is **Recognition**. Recognition is being able to see the extent of the damage your offense had on another; listening to understand the pain and the hurt of what you did caused for them. It comes with the humility to be able to say, "I hear you. I understand what I did caused for you. And I believe that your hurt was valid."

4) What damage has your actions and/or words caused the person?

The final "R" is **Remedy**. Remedy simply means that there is some sort of action plan put in place going forward. This is done to create safeguards so that the original offense is not easily repeated.

5) What will you do going forward to make sure the offense is not repeated?

Reconciliation can happen after a fraction in the relationship when the four "R's", remorse, responsibility, recognition, and remedy are present. When the desire to reconcile comes from a place of love, humility, and self-awareness, trust can be earned again.

6) Write out your thoughts on what you will do next to begin the reconciliation process with the one you hurt:

If you'd like some help in the area of reconciliation, I'd love to be your Life Coach. Feel free to email me at: coaching@triczody.com