

Mending a Hurt Relationship

Do nothing out of selfish ambition or conceit, but in humility consider others as more important than yourselves. Everyone should look not to his own interests, but rather to the interests of others.

Philippians 2:3-4

Addressing the complexities of teen friendships, especially when a mistake strains a relationship, requires a thoughtful approach. Consider guiding teens to Philippians 2:3-4, which advocates for selflessness and humility. Encourage them to acknowledge their mistakes and initiate sincere conversation with their friends, expressing a genuine desire to make amends. Emphasize the importance of prioritizing the well-being of the other person and seeking reconciliation through humility. Remind them that restoration is a valuable aspect of personal growth and maturity.

➤ **conversation starter**

I noticed there's been some tension with your friend. How do you feel about the situation? What do you think went wrong, and is there something you can take responsibility for in the situation?

What would it be like to step into your friend's shoes for a moment? Sometimes, understanding another's perspective can pave the way for meaningful conversation.

➤ **navigating the conversation:**

- **Create a Peaceful Space:** Begin the conversation in a calm and private setting, ensuring teens feel comfortable expressing their thoughts and emotions without shame or frustration.
- **Encourage Reflection:** Prompt teens to reflect on their actions and the impact on their friends. Philippians 2:3-4 is a fitting passage to encourage humility and consideration for others.
- **Express Empathy:** Discuss the importance of empathy and understanding another's perspective. Romans 12:15 highlights the value of empathizing with others.
- **Emphasize Accountability:** Guide teens in taking responsibility for their actions. Proverbs 28:13 highlights the significance of confession and seeking forgiveness.
- **Initiate a Conversation:** Encourage teens to initiate a sincere conversation with their friends. Matthew 18:15 provides a framework for resolving conflicts.
- **Model Forgiveness:** Discuss the concept of forgiveness and its role in rebuilding relationships. Colossians 3:12-13 emphasizes the Christian principle of forgiveness.
- **Seek Boundaries:** When your children are the ones who have been hurt, encourage them to seek reconciliation but also to put up healthy boundaries.
- **Pray Together:** Consider praying together for wisdom, guidance, and reconciliation.

