**Restore Relationships With People**

Human relationships are imperfect. For example, people tend to enter into marriage with unrealistic expectations. After a short time, the trash starts piling up. You tell your husband, "Take the trash out." He says, "No, I don't take out the trash." Your boss promises you a raise, but it never materializes. Your pastor doesn't meet your expectations. The leaders of the church don't recognize your contribution to the church or thank you for your volunteer work. Anger, bitterness, and resentment arise from these unmet expectations.

You have to lay down your unmet expectations. Instead, react to unfavorable circumstances by dealing with these sins. Ephesians 4:26 says, *"In your anger do not sin:* Do *not let the sun go down while you are still angry"* (NIV). Jesus got angry. There are times when it is acceptable to get angry, but don't ever allow it to reach the point of sin. Verbal or physical abuse is never acceptable. Don't let your negative feelings fester-deal with the issue before the day ends. Practice forgiveness. Unforgiveness builds walls. Forgive the people who disappointed you, just as God forgives when you disappoint Him.

**Prayer for Anger and Bitterness to restore relationships again with friends,**

**family, spouse etc.**

***Father, I lay down my unmet expectations of my spouse. In Jesus' name, I lay those unrealistic expectations on Your altar. Father, I lay down my unmet expectations of my children on Your altar, and I lay down my unmet expectations of my pastor. I lay down my unmet expectations of\_\_\_\_\_\_* (fill in the names of people who have disappointed you). *And I lay down my unrealistic expectations of myself on Your altar. I release those who disappointed me. In Jesus' name.***

There is good news. God wants to woo you back into a wonderful intimate relationship with Him.

**Pray and rededicate your life to Him right now:**

***Father, I have sinned. I repent. Take this sin from me now, and put it on the cross of Jesus Christ, never to be held against me again. Jesus, come into my life, not only as Savior, but also as Lord. Father, through Your Holy Spirit, guide me into all that You have for me. I have taken back part of my heart because of circumstances. I choose this day to give You my whole heart. I don't want to hold anything back. Amen.***