

Broken to Breakthrough 1

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Conflict is unavoidable.

All miscommunication is a result of differing assumptions.

Two Deadly Relational False Assumptions:

1. False Assumption of Blame

You are making me feel this way, when in reality my brokenness is the culprit.

The roots of most relational conflict were grown long before “the fighters” ever met.

Discover the pre-existing conditions.

Scale your anger or despondency and see if it meets the scale of your disagreement.

When brokenness pre-exists the relationship, the pain and anger often start at a level four or five no matter the content or context for the discussion or argument.

Luke 4:18 – “The Spirit of the Lord [is] upon Me, because He has anointed Me to preach the good news to the poor; He has sent Me to announce release to the captives and recovery of sight to the blind, to send forth as delivered those who are oppressed [who are downtrodden, bruised, crushed, and broken down by calamity].” (AMP)

Navigating relationships is like threading a needle.

Deal with the “roots” and not the “fruit.”

Find freedom and bring freedom to others.

Most people are waiting for permission from their lives and circumstances to make an impact for others.

The power of godly and healthy relationships and church are that they were designed by God to create environments of love, support, and acceptance while God is healing our brokenness.

2. False Assumption of Expectations

If you loved me, I wouldn't feel this way and my pain would go away.

The distance between “what you expect” and “reality” can only be filled with “disappointment.”



When you think your marriage, a friendship, or even children will heal your brokenness, you will damage the relationship.

Psalm 34:18 – “The Lord is close to the brokenhearted and saves those who are crushed in spirit.” (NIV)

The best time to deal with your issues was 20 years ago, the second-best time is NOW.