



“ B e a r o n e
another’ s burdens,
and so fulfill the
law of Christ.”

G a l a t i a n s 6 : 2

In the Complainer's Journal, I cover relationships and how the key to stop complaining about other people is to begin to help bear their burdens. It's hard to hate someone you understand and relate to. The cover page to this document is one of the coloring pages from The Complainer's Workbook, as well as the questions and chart. Use them to work out forgiveness within your attitude towards another person, and really ponder and pray over how God leads you to appropriately relate to and show love to this person. Keep in mind that these prompts are for the everyday disagreeable people in your life. If you are in any abusive relationships, please seek out wise counsel; forgiveness is always commanded, but in abusive relationships reconciling may look different for your safety.

Please use these resources to help you grow. They are free from www.amberlinbooks.com. Please do not print more than 15 copies for distribution at a time, and please always remember this material is my sweat, prayer, and ministry. **(Copyright © 2018 Amberlin Harrison).**

Search your heart and ask God to help you imagine yourself as a friend to your enemy. Imagine all the reasons that do not involve you but maybe making a person mistreat you unintentionally. How would you have defended their ugly actions then, because of loyalty, understanding, and love?

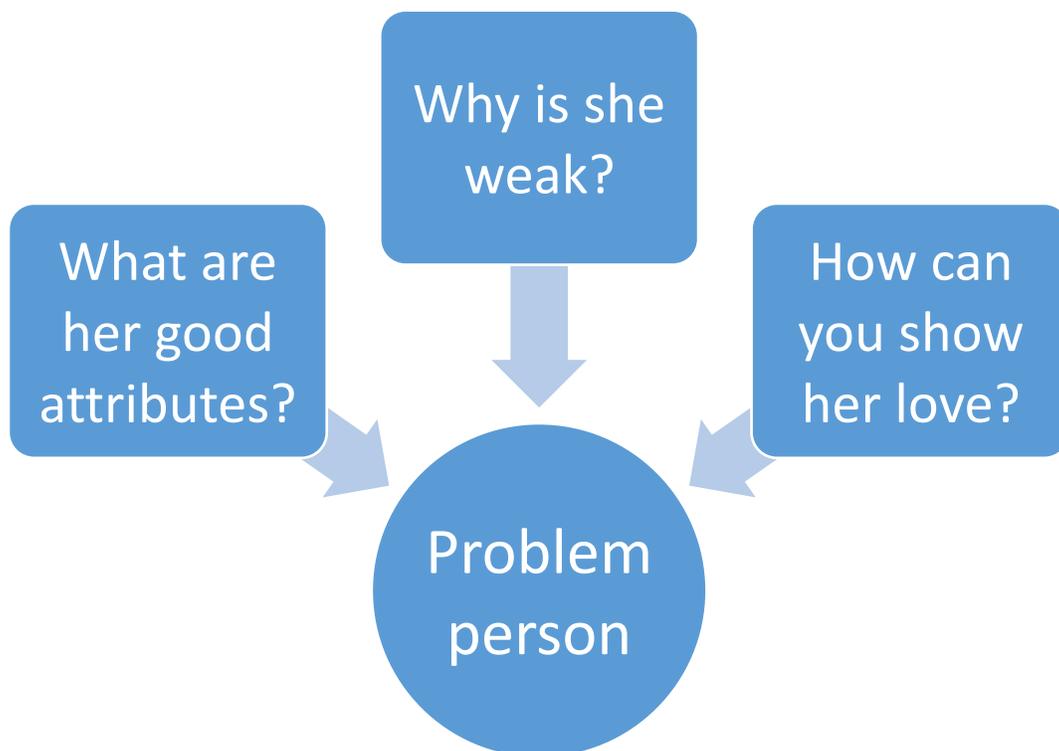
Do you need to ask their forgiveness, or at least forgive them within your heart?

Make amends if you need to. What do you need to do to honor God in this relationship? Remember we are commanded to forgive (that's within your attitude of the other person not owing any emotional or otherwise debt to you), but reconciliation takes both parties. receivehealing.com/blog/107/forgiveness-or-reconciliation-understanding-the-

difference/ is a great place to start learning the implications of those differences and how to live both out appropriately. (I am not affiliated with them – I just love the article.)

What are some situations you can prepare for now, where you can be forgiving and helpful instead of whiny or critical later?

What struggles does this person who offends you experience that might make you feel more compassion and patience for them in their weakness?



How can you live out love and forgiveness in your dealings with them?

What are practical ways you can bless them or make their struggles lighter (from a genuine humility and heart of grace)?

Here is what God says ABOUT ME and ABOUT YOU:

“...if anyone is in Christ, the new creation has come: The old has gone, the new is here!” - 2 Corinthians 5:17 (NIV)

“ For you are all sons of God through faith in Christ Jesus.” - Galatians 3:26 (NASB)

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