



Week #3: Please Forgive Me/I Forgive You

And all of this is a gift from God, who brought us back to himself through Christ. And God has given us this task of reconciling people to him.

2 Corinthians 5:18 (NLT)

- Conflict is _____ and _____.

Three types of relationships: _____ ... _____ ... _____.

- The root cause of conflict is _____.

What causes fights and quarrels among you? Don't they come from your desires that battle within you? ... You covet but you cannot get what you want, so you quarrel and fight.

James 4:1-2 (NIV)

If it is possible, as far as it depends on you, live at peace with everyone.

Romans 12:18 (NIV)

What to do with my guilt:

1. _____.

*When I refused to confess my sin,
my body wasted away,
and I groaned all day long.
... My strength evaporated like water in the summer heat.*

*Finally, I confessed all my sins to you
and stopped trying to hide my guilt.
I said to myself, "I will confess my rebellion to the Lord."
And you forgave me! All my guilt is gone.*

Psalms 32:3-5 (NLT)

2. _____.

“Yes,” Adam admitted, “but it was the woman you gave me who brought me some, and I ate it.”
Genesis 3:12 (TLB)

*People’s own foolishness ruins their lives,
but in their minds they blame the LORD.*
Proverbs 19:3 (NCV)

What Jesus wants me to do with my guilt:

1. _____.

The Lord gave us mind and conscience; we cannot hide from ourselves.
Proverbs 20:27 (GNT)

If we claim to be without sin, we deceive ourselves and the truth is not in us.
1 John 1:8 (NIV)

2. _____.

Admit your faults to one another and pray for each other so that you may be healed. ...
James 5:16 (TLB)

3. _____.

But if we freely admit that we have sinned, we find God utterly reliable...he forgives our sins and makes us thoroughly clean from all that is evil.
1 John 1:9 (Phi)

...he is merciful and quick to forgive.
Isaiah 55:7 (GNT)

Why should I forgive?

1. Because _____.

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
Ephesians 4:32 (NIV)

2. Because _____.

*“To worry yourself to death with resentment
would be a foolish, senseless thing to do.”*

Job 5:2 (GNT)

“You are only hurting yourself with your anger.” ...

Job 18:4 (GNT)

*“Some people stay healthy till the day they die;
...others have no happiness at all;
they live and die with bitter hearts.”*

Job 21:23-25 (GNT)

Discussion Questions

1. Which is more challenging for you to do and why? To ask for forgiveness or forgive?
2. Think of your most important relationships; which of these are you feeling the nudge to take the first step towards repairing?
3. What can you do this week to extend God's grace to others?

Recommended Resources

- *Do-It-Yourself Relationship Mender*, by Dr. Gary Rosberg
- *The Seven Principles for Making Marriage Work*, by John Gottman Ph.D. and Nan Silver
- *The One Minute Apology*, by Ken Blanchard and Margret McBride
- *The Meaning of Marriage*, by Timothy Keller
- *Christ Fellowship Church Choosing Marriage Video Series*, with Debra Fileta:
 - Session 1 – We Me
 - Session 2 – Walls Will Fall
 - Session 3 – Choosing Authenticity
 - Session 4 – Love or Need

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And all of this is a gift from God, who brought us back to himself through Christ. And God has given us this task of reconciling people to him.

2 Corinthians 5:18 (NLT)

- Conflict is normal and inevitable.

Three types of relationships: Codependent ... Independent ... Interdependent.

- The root cause of conflict is selfishness.

What causes fights and quarrels among you? Don't they come from your desires that battle within you? ... You covet but you cannot get what you want, so you quarrel and fight.

James 4:1-2 (NIV)

If it is possible, as far as it depends on you, live at peace with everyone.

Romans 12:18 (NIV)

What to do with my guilt:

1. Don't hide it.

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my body wasted away,
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2. Don't blame others.

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but in their minds they blame the LORD.*

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The Lord gave us mind and conscience; we cannot hide from ourselves.

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If we claim to be without sin, we deceive ourselves and the truth is not in us.

1 John 1:8 (NIV)

2. Be healed.

Admit your faults to one another and pray for each other so that you may be healed. ...

James 5:16 (TLB)

3. Trust His grace.

But if we freely admit that we have sinned, we find God utterly reliable...he forgives our sins and makes us thoroughly clean from all that is evil.

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2. Because resentment kills.

“To worry yourself to death with resentment would be a foolish, senseless thing to do.”

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