

GRACE GROUPS HOMEWORK

For the week of February 7th, 2010

Opening Discussion

How long have you been married or what was your longest relationship?

The Message

Give forgiveness as God forgives you.

Key Verses

Colossians 3:13 "Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you." (NIV)

1 John 1:9 "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." (NIV)

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

Learning the Message

Do you believe God grants each of us forgiveness for our sins?

Do you believe you are called to also forgive others?

Do we practice a double standard when it comes to forgiving and wanting forgiveness?

How may we guard ourselves from taking forgiveness for granted?

Digging Deeper

Matthew 18:21 Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?" (NIV)

How many times have those who love you forgiven you?

Is it easier or more difficult to forgive your spouse than other individuals?

Do you struggle with forgiveness?

Living the Message

Read the above scripture each day and:

- Pray for forgiveness of your sins
- Forgive your spouse as God forgives you
- Forgive grievances you have with others

Closing Prayer

Pray for those in the group and at GCC to practice forgiveness with those we love most.

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The Marriage Game Sorry!

Grace Community Church
February 7, 2010
Senior Pastor, Mike Woods

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- I. Marriage Games
 - a. Not everyone is married.
 - b. We don't have to be married to be whole persons.
 - c. 1 Corinthians 7, Paul calls the ability to remain single a gift.
 - d. As believers, we should do our part to help single friends find God-honoring mates.
 - e. Healthy marital relationships are important.
 - f. Four key issues of marriage...
 - g. Romance - the Dating Game
 - h. Selfishness - Monopoly
 - i. Communication - Clue
 - II. Sorry
 - a. The premise behind the game is simple...you get ahead by hurting someone else.
 - b. Forgiveness is a decision to let go...
 - c. The way the brain processes trauma...
 - d. Emotive memories become simply data...
 - e. Forgiveness can lead to understanding...
 - f. Forgiveness doesn't mean that you deny the other person's responsibility...
 - g. Forgiveness doesn't minimize or justify the wrong.
 - III. Spiritual Necessity
 - a. Forgiveness is a spiritual necessity.
 - b. If you're unforgiving, you often pay the price repeatedly...
 - c. Lack of forgiveness can lead to depression or anxiety.
 - d. You and I simply CANNOT afford NOT to forgive...
 - e. Colossians 3:13
 - f. 1 John 1:9
 - g. Ephesians 4:32
 - IV. Benefits
 - a. According to a Mayo Clinic study...
 - b. Forgiveness can lead to:
 - c. Healthier relationships
 - d. Greater spiritual and psychological well-being
 - e. Less stress and hostility
 - f. Lower blood pressure
 - g. Fewer symptoms of depression, anxiety and chronic pain
 - h. Lower risk of alcohol and substance abuse
 - V. Why Marital Forgiveness is so hard...
 - a. These people KNOW us...
 - b. So they know what hurts us...and they do it anyway.
 - c. Dr. Michael Duffy, Texas A&M University...
 - d. Unrealistic expectations, "they aren't good Christians if they can't forgive immediately...?"
 - e. Forgiveness should be a reflective process, where emotions are allowed to settle".
 - f. It takes time.
 - g. Matthew 18:21 "How many times to I have to forgive him? "
 - h. Marital forgiveness: forgiving from the heart.

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