

Forgiveness – Part 2

Ephesians 4:30–32 (ESV)

³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. ³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Review together what it means to forgive someone in the same way that God in Christ has forgiven you. As Christians what are the attributes and results of our forgiveness and what can/should those things look like in the life of a person you choose to forgive?

In last week's homework you were supposed to identify five offenses or patterns of offense for which you now realize that you need forgiveness in order to pursue godly restoration in a relationship. You were also supposed to identify three issues that you believe must be biblically addressed before reconciliation can be fully realized.

Exchange papers with the other person and take the necessary time to process what they have written down. You might find it helpful to consider the following questions:

Is there anything on either list that is surprising or new?

Is there anything that you would contend is missing from either list?

Is there anything that you would like to have clarified or explained?

Is there anything that you have done that you feel has been misunderstood by the other?

Is there anything on the other's list that you fear you could not forgive and why?

Record any significant information related to the above considerations in the space provided.

Notes:

- Bear in mind that while there may be some things that will need to be clarified, do not seek to delegitimize anything.
- An offense may not seem offensive to you, but it certainly could be to someone else.
- Refuse to fight. If you are not communicating in a biblical and gracious way, pause and come back to it at a later date.
- Pray for a humble and broken heart and ask God for a spirit of reconciliation.

[Turn over]

What do you believe your next steps are? List them below. Bear in mind that each offense may require a shared and unique set of next steps. Please be sure to note who is responsible for what actions and when. Those actions should be measurable and visible. Also bear in mind any relevant biblical principles of repentance.

Offense 1

Offense 2

Offense 3

Offense 4

Offense 5

Offense 6

Individual Repentance Worksheet

Name: _____

Date: _____

The purpose of this homework assignment is to work out the repentance associated with the previously identified offenses between you and your spouse. In order to have gotten to this place you should have acknowledged wrong and begun the process of identifying things that must be put off and other things that must now be put on. Please consider the following texts of Scripture:

³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. (Ephesians 4:31-32)

³ Pay attention to yourselves! If your brother sins, rebuke him, and if he repents, forgive him, ⁴ and if he sins against you seven times in the day, and turns to you seven times, saying, 'I repent,' you must forgive him." (Luke 17:3-4)

⁸ For even if I made you grieve with my letter, I do not regret it—though I did regret it, for I see that that letter grieved you, though only for a while. ⁹ As it is, I rejoice, not because you were grieved, but because you were grieved into repenting. For you felt a godly grief, so that you suffered no loss through us.

¹⁰ For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death. ¹¹ For see what earnestness this godly grief has produced in you, but also what eagerness to clear yourselves, what indignation, what fear, what longing, what zeal, what punishment! At every point you have proved yourselves innocent in the matter. (2 Corinthians 7:8-11)

Offense #1:

Please write out the first offense identified by your spouse as you understand it:

Please answer the following questions:

Have you experienced godly sorrow over your sin? If so, by what evidence do you say so?

Have you changed the way that you think about your past behavior and if so, how? Please include any relevant Scripture that has shaped your new way of thinking about your past and future behavior with regards to this offense.

Have you confessed your sin to God using specific language? Yes or No (circle one)

Have you confessed your sin to your spouse using specific language? Yes or No

Have you asked God to forgive you for that offense or pattern of offense? Yes or No

Have you asked your spouse to forgive you for that offense or pattern of offense? Yes or No

Have you forsaken this sin or pattern of sin? Yes or No

What are you specifically covenanting to do in order to create a safe environment where that sin or pattern of sin will not continue to be a source of division within the marriage. These answers should be visible and concrete in nature rather than simply trying harder to be better. List as many things as you deem to be appropriate and then ask your spouse to evaluate your list and invite them to make additional contributions.

Offense #2:

Please write out the second offense identified by your spouse as you understand it:

Please answer the following questions:

Have you experienced godly sorrow over your sin? If so, by what evidence do you say so?

Have you changed the way that you think about your past behavior and if so, how? Please include any relevant Scripture that has shaped your new way of thinking about your past and future behavior with regards to this offense.

Have you confessed your sin to God using specific language? Yes or No (circle one)

Have you confessed your sin to your spouse using specific language? Yes or No

Have you asked God to forgive you for that offense or pattern of offense? Yes or No

Have you asked your spouse to forgive you for that offense or pattern of offense? Yes or No

Have you forsaken this sin or pattern of sin? Yes or No

What are you specifically covenanting to do in order to create a safe environment where that sin or pattern of sin will not continue to be a source of division within the marriage. These answers should be visible and concrete in nature rather than simply trying harder to be better. List as many things as you deem to be appropriate and then ask your spouse to evaluate your list and invite them to make additional contributions.

Offense #3:

Please write out the third offense identified by your spouse as you understand it:

Please answer the following questions:

Have you experienced godly sorrow over your sin? If so, by what evidence do you say so?

Have you changed the way that you think about your past behavior and if so, how? Please include any relevant Scripture that has shaped your new way of thinking about your past and future behavior with regards to this offense.

Have you confessed your sin to God using specific language? Yes or No (circle one)

Have you confessed your sin to your spouse using specific language? Yes or No

Have you asked God to forgive you for that offense or pattern of offense? Yes or No

Have you asked your spouse to forgive you for that offense or pattern of offense? Yes or No

Have you forsaken this sin or pattern of sin? Yes or No

What are you specifically covenanting to do in order to create a safe environment where that sin or pattern of sin will not continue to be a source of division within the marriage. These answers should be visible and concrete in nature rather than simply trying harder to be better. List as many things as you deem to be appropriate and then ask your spouse to evaluate your list and invite them to make additional contributions.

When this assignment is completed, you will have identified the sinful and problematic behaviors that have disturbed the intimacy in your marriage for some time now. You will have also acknowledged them and established the covenant of forgiveness concerning them through genuine repentance. The goal should then be to leave those offenses in the past as you work in loving partnership with one another toward a new and better marriage that is more Biblical and godlier than before.

This is not an admission that everything is as it ought to be, but it is an admission that you are making a new start to glorify God in your marriage unencumbered by your past failings and hurts. This should be marked by some form of celebration and rejoicing as you both give thanks to God for the progress that has been made thus far.

What will you do to mark this important achievement: _____

The Covenant of Forgiveness:

Forgiveness is the mechanism that God has given to mankind to remove sin from a relationship and create a pathway to reconciliation and the restoration of trust and intimacy. At the heart of it, forgiveness is a covenant. Each party makes promises to one another for how they are going to respond to the offense in question as they move forward together.

The Two Sides of the Covenant

The Offended

Ephesians 4:31–32 (ESV)

³¹Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³²Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Luke 17:3–4 (ESV)

³Pay attention to yourselves! If your brother sins, rebuke him, and if he repents, forgive him, ⁴and if he sins against you seven times in the day, and turns to you seven times, saying, ‘I repent,’ you must forgive him.”

The Offender

2 Corinthians 7:10–11 (ESV)

¹⁰For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death. ¹¹For see what earnestness this godly grief has produced in you, but also what eagerness to clear yourselves, what indignation, what fear, what longing, what zeal, what punishment! At every point you have proved yourselves innocent in the matter.

The goal is to change in such a way so as to create a _____ environment where that sinful behavior will not continue to cause harm to others.

The offended person is to grant forgiveness upon the expression of repentance so that you can work toward change, reconciliation, the restoration of trust, and the reestablishment and strengthening of relational intimacy in _____ with one another.

Homework:

Given the lists of offenses that the two of you have generated, how can you work together to change and to encourage change in the other? Be practical. Use Scripture as your guide. Think in terms of putting off and putting on (Ephesians 4:25-32). All proposed changes must be measurable.

Understanding Why We Fight

Breesport Baptist Church Rev.12/24

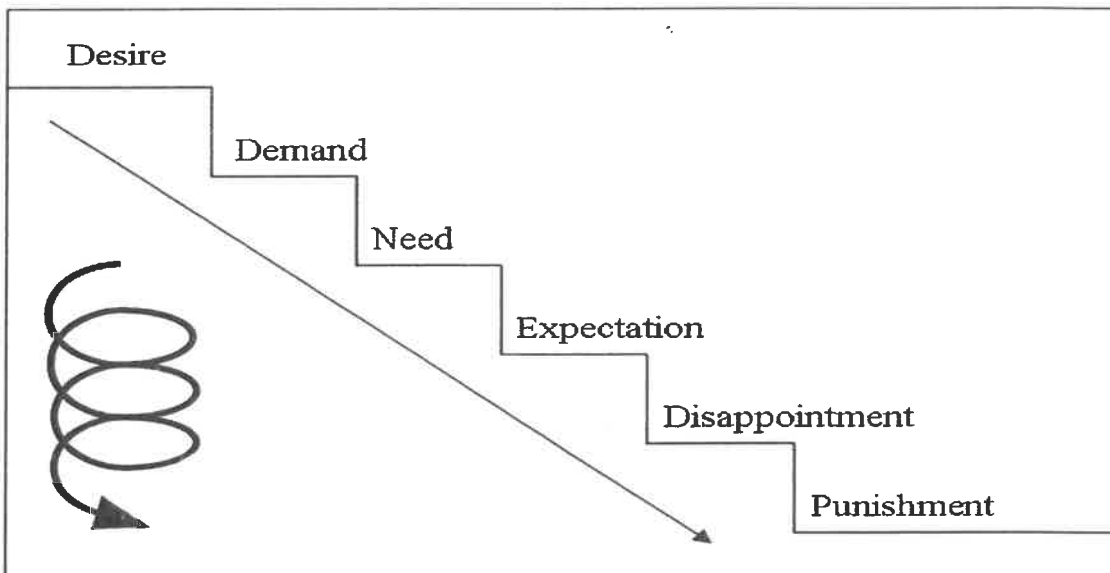
The purpose of this assignment is to help you, as a couple, understand why you fight over the things you fight about and how you get caught in a downward spiral of chaos and conflict. Foundationally, you need to know that God's design for your marriage is that you would experience increasing and pervasive intimacy across every aspect of your married life together. Notice Genesis 2:24-25...

²⁴ Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. ²⁵ And the man and his wife were both naked and were not ashamed.

Conflict arises when two people bring different desires to the same moment in time. The amount of intensity or heat in that conflict is directly related to how much each party wants what they want. Notice James 4:1-4...

¹ What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? ² You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask. ³ You ask and do not receive, because you ask wrongly, to spend it on your passions. ⁴ You adulterous people! Do you not know that friendship with the world is enmity with God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God.

The Conflict Cycle:



Based on the counsel you have already received, please list in the space below what you believe have historically been driving motives (desires) or idols in your life.

Husband:

Wife:

Discuss the ways in which your individual motives have historically combined together in painful, frustrating, or intimacy diminishing ways. Record a summary of your discussion in the space below. Which ones seem to conflict the most often and why?

What unspoken expectations have you historically placed on the other:

Husband:

Wife:

What common ways have you historically used to punish one another when you have been disappointed?

Husband:

Wife:

Note:

Your answers to the previous question need to be repented of and forgiveness needs to be sought from one another for these actions. Take the time to do that before moving forward.

How could 1 Corinthians 10:31 impact what and how you argue when in a moment of conflict?

How could a mutual understanding of the fact that God's design for your marriage is increasing and pervasive intimacy or oneness affect what and how you argue when in a moment of conflict?

Based on what you have considered in this assignment, work together to walk back through a previous conflict and answer the following questions in the space provided below:

- What was the circumstance?
- What were each of you wanting in that moment?
- Where did things begin to go wrong in the discussion?
- What could each of you have done differently?
- What will you covenant together to do differently in the future?

