



**SUMMER
EQUIPPING
SERIES**

**GOSPEL CENTERED
MARRIAGE**
Larry Kayser

“Forgiveness offers a way out. It does not settle all questions of blame and fairness—often it pointedly evades those questions—but it does allow a relationship to start over, to begin anew.”

PHILLIP YANCEY

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

EPHESIANS 4:32

The scriptures give a straightforward answer to why God asks us to forgive: because that is what God is like.

1. How does process of seeking forgiveness begin?

All forgiveness begins with a _____ willingness to admit to God and to yourself that you were _____.

- This is the heartbeat of repentance.
 - Be specific.
 - Be willing to accept responsibility for any consequences.
 - Be willing to address the attitudes and desires that may have led to the offense
- What is the difference between “_____ sorrow” vs. “_____ sorrow”

“Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

2 CORINTHIANS. 7:10

2. What does repentance sound like?

- Be willing to say you were wrong:
 - “I was wrong. I shouldn’t have _____.”
- Be willing to say you are sorry:
 - “I am sorry I did _____ and that I caused you to feel _____.
- Be willing to repent:
 - “I know that I have hurt you deeply, and I do not wish to hurt you this way again.”
- Be willing to ask for forgiveness:
 - “Will you forgive me for doing _____?”

3. What does the gift of authentic forgiveness require from the wounded person?

a. True forgiveness is NOT:

- _____ that something did not happen
- Conditional
- Forgetting
- _____ cure for the hurt

b. Granting forgiveness is: a _____ response to hurt.

- An act of _____ to God.
- A choice to set your spouse free from the debt of their offense.
- Give up the right to punish.
- Give up the right to bring it up again.
- Give up the right to get _____...which is a sign of internal _____
- The first step toward rebuilding _____.

“Forgiveness can happen with one person, reconciliation takes two”

- Trust is rebuilt through consistent behavior over time.

3. What does Forgiveness sound like?

1. Do it privately first:

- “God, I forgive _____ for hurting me.”

2. Do it specifically:

- “I forgive you for _____.”

3. Do it generously:

- “I desire to own my part so we can get back to working on our relationship.”

4. Do it graciously:

- “I know I’ve done things like that myself.”

Forgiven people forgive others.

What would it look like for you to trust God rather than your pain?