

Please read Hebrews 12:15. What does this verse warn you against?

Which of these common results of not forgiving have been true in your life?

- | | |
|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| <input type="checkbox"/> Stress and metal tension | <input type="checkbox"/> Re-experiencing the injury mentally |
| <input type="checkbox"/> Bitterness | <input type="checkbox"/> Feeling like I can't really love or trust again |
| <input type="checkbox"/> Staying extra busy to mask the rage | <input type="checkbox"/> Perpetual conflict in relationships |
| <input type="checkbox"/> Building walls so I can be hurt | <input type="checkbox"/> Inability to move forward in my spiritual life |
| <input type="checkbox"/> Sudden bursts of anger at people and things unrelated to my heart | |

Ask God to help you realize that keeping a record of wrongs is simply unhealthy! Ask Him for the power to really forgive as He forgave you!

Saturday

Please look over the devotions from this week and finish any you may have missed. Polish the memory verse for this week. Please pray for our services this weekend — that World Outreach Week will inspire all of us.



CHANGE Making Amends

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This week's action steps...

STEP 8: Make _____

...of those I've harmed and become willing to make amends

"How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye." *Matthew 7:4-5 (NIV)*

Two kinds of amends:

• _____ **amends**

"...Zacchaeus stood up and said... 'Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount.'" *Luke 19:8*

• _____ **amends**

"...if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift." *Matthew 5:23-24*

STEP 9: Make _____

...if possible, unless this would hurt them or others

"Do to others as you would have them do to you." *Luke 6:31*

"For there is a proper time and procedure for every matter, though a man's misery weighs heavily upon him." *Ecclesiastes 8:6*

STEP 10: Make _____

...to take inventory and promptly admit my wrongs

"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful." *Colossians 3:15*

Barriers to taking these steps:

Self- _____

Self- _____

Self- _____

Benefits to taking these steps:

“How good and pleasant when brothers live together in unity!” *Psalm 133:1*

- _____
- _____
- _____

“If it is possible, as far as it depends on you, live at peace with everyone.” *Romans 12:18*

A word to those being asked to forgive...

“See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many.” *Hebrews 12:15*

Daily Meditations

Monday

Read Matthew 5:23-25. What is Jesus’ point?

What could others possibly have against you? You may not be able to think of anything at first, but perhaps this list will help jog your memory:

- | | | |
|--------------------------|-----------------------|-----------------------------|
| _____ Debts | _____ Broken Promises | _____ Over-control |
| _____ Procrastination | _____ Hypercriticism | _____ Verbal abuse |
| _____ Emotional abuse | _____ Physical abuse | _____ Forgetfulness |
| _____ Unfaithfulness | _____ Lying | _____ Withholding affection |
| _____ Withholding praise | _____ Manipulation | _____ Other: |

Now make a list of those God brings to mind (leave the “specification action” column blank for now — you’ll fill it in tomorrow):

Persons I have harmed	How I harmed them	Specific action I can take

Remember that God forgives you — now make plans to ask forgiveness of those you’ve harmed.

Ask God for the strength to ask for forgiveness and to make amends — and thank Him for His forgiveness of you!

Tuesday

Please read Luke 19:1-9. Zacchaeus was willing to make amends for those he had wronged. Are you? How can you make amends to those you’ve harmed?

Go back to Monday’s list and then write what specific action you can take to ask forgiveness or make restitution.

Ask God to give you wisdom about what specific forms your restitution can take. Thank Him for His complete, unconditional forgiveness of all your sins because of Christ!

Wednesday

If you haven’t done Monday and Tuesday’s meditation, do those first! Please read Colossians 3:13. How are you to forgive, according to this verse?

List ten things for which you are grateful that Christ has forgiven you! This will ready you to be willing to forgive others:

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Today thank God for His great forgiveness through Christ’s sacrifice! Ask Him to help you remember how you’ve been forgiven when you need to forgive others.

Thursday

Please read Matthew 18:21-22. Why do you think Peter was asking this question?


Do you identify with any of the following excuses for not forgiving?

- | | | |
|-------------------------------------|---------------------------|-------------------------------------|
| _____ The offense was too great | _____ He isn’t sorry | _____ He never asked to be forgiven |
| _____ He will do it again | _____ I don’t like him | _____ Someone has to punish him |
| _____ I’ll forgive — I won’t forget | _____ I’d be a hypocrite! | _____ Something keeps stopping me |

Please read Luke 23:33,34 and keep it in mind as you consider this: How do you think the Lord would respond to the excuses above?

Ask the Lord to give you the supernatural power Jesus had to forgive those who sinned against him as you seek to forgive others. Thank Him for His love and grace!

Friday

Please read Ephesians 4:31-32. What hurts have you been carrying for which you need to forgive someone? List any that immediately come to mind, then take time later to think about this further: **over** 



Memory Verse

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