



Rescued

Restored

Released

Forgiveness is NOT

1. Excusing nor minimizing offense
2. Forgetting
3. Absolving the offender of consequences
4. Necessarily reconciliation nor restoration of relationship
5. Necessarily a single moment in time but more often a PROCESS
6. EASY!

Notes from Group Presentation – Week 2

From the Inside Out: A Study on Forgiveness

(Assignment 2)

NOTE: *There are 3 things you will focus on in this assignment:*

1. *How God made us with **Body, Soul, and Spirit** (pages 2-4 through 2-8)*
2. *Our **Weakness** (pages 2-9 through 2-10)*
3. *The **Holy Spirit**: God's power available to us (pages 2-11 through 2-13)*

These are the basic concepts that continue to build the foundation we need as we study forgiveness. It is OK if you can't complete all these pages, but be sure to do some under each of the 3 categories.

I. How God Created Us: Body, Soul, and Spirit

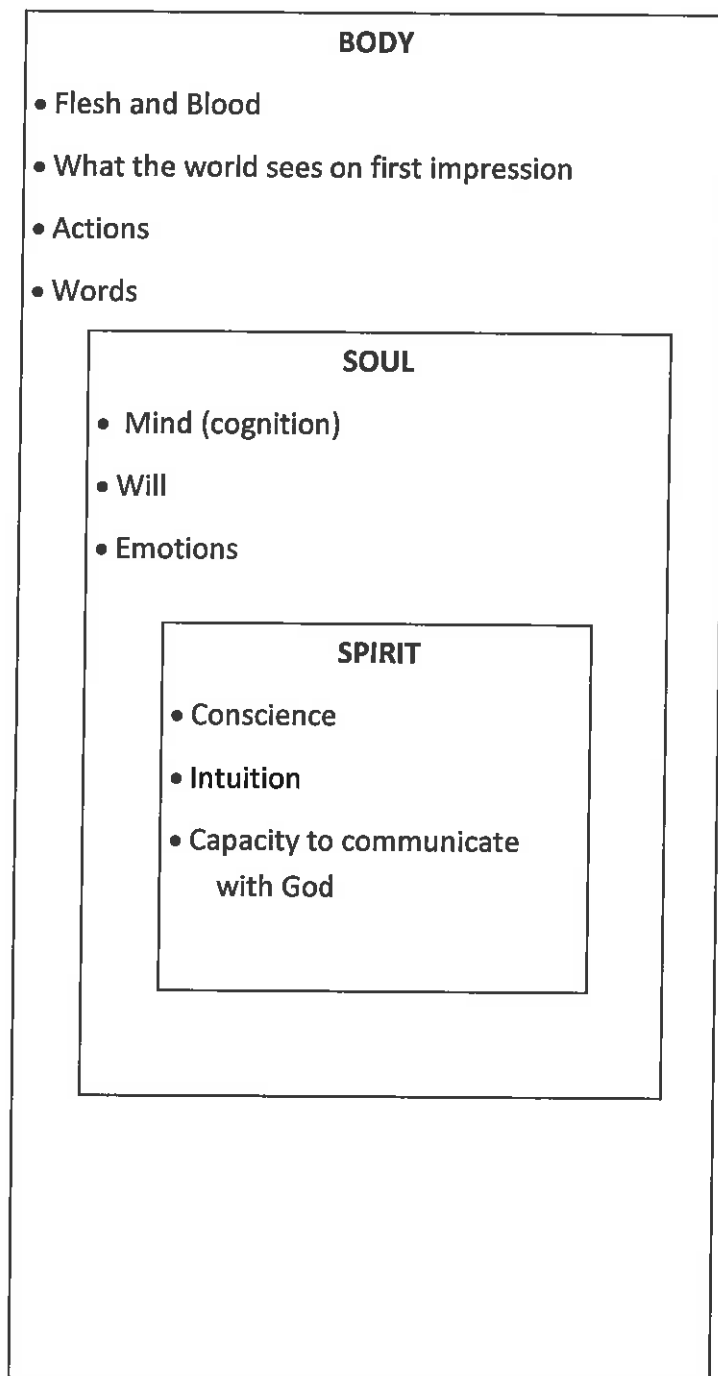
As we learn more about both our need to forgive and to be forgiven, we will look at many Bible references and perspectives to help forgiveness be real in our experience. In addition to learning more truths and finding helpful approaches, we need to grow in applying the heart and head knowledge. At times, it may seem that we are dissecting the topic in painstaking detail, but don't be discouraged or distracted from the central truth and purpose of our journey: if we have experienced the love and forgiveness of Christ, we are called on to extend it to others. The details will fit together like pieces of a puzzle and help us experience God's plan for us in this area of our Christian walk.

Foundational to this study is a big **IF**: whether you have experienced God's forgiveness in your own life and have a relationship with Him. The material we study will be based on that premise. If this isn't real in your life, please pursue that need before you try to apply the concepts we will explore. Your group leader or others would be so willing to help you.

Next week we will explore what the Bible has to say about the way God created us to have a body, a soul, and a spirit. So many times, we concentrate so much on our physical bodies – the active, visible outer shell that we present to the world. When our bodies are compromised or damaged through deprivation, accidents, aging, or illness, we become acutely aware of their function and limitations. Other times we take them for granted and use or abuse them in our daily tasks and interactions. Though this is often the focus of our attention, we are also aware of hidden parts within us that others see only if we reveal them through our attitudes, words, or actions. Our minds, our wills, and our emotions determine our outward behavior. And there is a precious, inner core where Christ wants to reside and direct our lives from the inside out.

In preparation for that discussion, please focus on the diagram on the next page and refer to it when completing pages 2-6 and 2-7 of this assignment.

Write out I Thessalonians 5:23:



We agree on what the word **body** refers to, but sometimes different terms are used for the **soul** and the **spirit** such as heart, inner being, ego, and others. In this study, we will be referring to the three parts of our human make up as the **body**, the **soul**, and the **spirit**.

II. Scriptural References to These Three Parts of our Makeup

Read as many of the verses as you have time for. Circle which part – the body, soul, or spirit – is mentioned in each verse. This is to help you be more familiar these parts and to understand that different part of our make-up are involved in our thinking and behavior. Some verses may address more than one. The goal is for you to become familiar with these distinct aspects of your being. It will help in the study of God’s word and in our study on forgiveness.

For example:

Genesis 2:7 “The Lord formed the man from the dust of the ground, and breathed into his nostrils the breath of life, and the man became a living being.”

Description: physical **body** created by God out of dust; became **living being** (which is different and more than just flesh and blood) when God breathed into him the breath of life.

Components addressed: the body and the inner parts – probably both the soul and the spirit

1. Matthew 26:36-41 **Body** **Soul** **Spirit**

2. Mark 12:28-31 (Repeated in Deuteronomy 6:4-5 and Luke 10:27) **Body** **Soul** **Spirit**

3. Psalms 73:26 **Body** **Soul** **Spirit**

4. Psalms 119:11 **Body** **Soul** **Spirit**

5. Proverbs 3:5-6 **Body** **Soul** **Spirit**

6. Proverbs 14: 30 **Body** **Soul** **Spirit**

7. Romans 6:11-14 **Body** **Soul** **Spirit**

- | | | | |
|----------------------------------|------|------|--------|
| 8. <u>Romans 12: 1-2</u> | Body | Soul | Spirit |
| 9. <u>I Corinthians 6: 18-20</u> | Body | Soul | Spirit |
| 10. <u>Galatians 2:20</u> | Body | Soul | Spirit |
| 11. <u>Ephesians 1: 17-21</u> | Body | Soul | Spirit |
| 12. <u>Ephesians 3:16-19</u> | Body | Soul | Spirit |
| 13. <u>Hebrews 4: 12-13</u> | Body | Soul | Spirit |
| 14. <u>Hebrew 8:10</u> | Body | Soul | Spirit |
| 15. <u>I Peter 3: 3-4</u> | Body | Soul | Spirit |

*In Psalm 84:2, David describes how his whole being seeks God:
 “My soul yearns, even faints, for the courts of the Lord; my heart and
 my flesh cry out for the living God.”*

III. For more discussion:

Dr. James Dobson, years ago, wrote a book entitled Emotions: Can You Trust Them? How do you think he answered that question and why?

Too often we focus on trying to drum up the energy to do on our own what God wants to do in and through us. We get the cart before the horse and risk falling into a form of legalism. We think we can produce fruits on our own. We look at how we feel or what we think rather than focusing on being anchored firmly or rooted securely in Christ to tap into the power the Holy Spirit wants to unleash in our lives. This is not an excuse to be slow to obey but an invitation to grow so as we obey, we are tapping into the strength that can enable us to do so as a more regular outflow of our walk.

We have access to the same life that Paul described in Galatians 2:20:

***“I have been crucified with Christ and I no longer live,
but Christ lives in me. The life I live in the body,
I live by faith in the Son of God, who loved me and gave
himself for me.”***

Old Testament Example of Weakness: Jehoshaphat

III HUMAN WEAKNESS

Read II Chronicles 20:1-23 and answer the following questions.

1. Who is the main character and what was his position (II Chron. 19:1)?

2. What was the danger? (verse 2)
3. What was Jehoshaphat's first emotion in verse 3? _____
4. How did he set about coping with it? (verse 3)
5. From verses 3-13, list five or six specific things he and/or his people did to seek the Lord:
 - A.
 - B.
 - C.
 - D.
 - E.
 - F.
 - G.
6. What was God's response in verses 15 and 17?
7. How do verses 20-21 indicate Jehoshaphat and his people spent their time waiting?
8. How did God work out the problem? (Verse 23)
9. Take verse 12 b and fill in the blank with your own pressing need in the area forgiving or being forgiven. I am "powerless against this _____ that is coming against me." I "do not know what to do, but my eyes are upon thee."
10. How does it feel to acknowledge helplessness, weakness, need?

11. Did Jehoshaphat always have perfect dependence?

Chapter 19:1-3

Chapter 20:31-32, 35

We need to come back to God every day, every moment for strength. It is not a one-time deal. Read Lamentations 3:19-26. How does it feel to realize you need to come back for help every day?

Like Paul, we need to realize it is NORMAL; it is OK; it is REALITY; it is HEALTHY to be weak and to acknowledge our NEED for God's power in our lives.

12. We have a tendency to depend only when we are totally helpless. How can we avoid using God as a last resort? Don't just be theoretical in your answer; be specific and practical.

WEAK

To the right is part of a dictionary page
with definitions of the word, weak.

1. Count how many times the word

lacking, is mentioned: _____

2. Does weak seem like a desirable or
undesirable state? _____

3. Why?

4. Paul (II Corinthians 12: 7-10) asserts
there is strength in weakness. That
seems like an oxymoron. Explain why
could be true.

5. Go to the next page and research
an Old Testament example.

weak (wĕk), *adj.* [ME. *weik*; ON. *veikr*; akin to AS. *wac*, feeble, which the ON. word replaced; IE. base **weg-*, to bend, yield, as also in G. *weich*, tender, L. *vicis*, change, etc. (cf. *vicissitudo*)]. 1. lacking in strength of body or muscle; not physically strong. 2. lacking in fighting strength or skill; not strong in combat or competition; as, a *weak* team. 3. lacking in moral strength or firmness of character; lacking will power. 4. lacking in mental power, or intelligence; deficient in the ability to think, judge, decide, etc. 5. lacking ruling power, or authority; incapable of issuing orders and seeing that they are carried out; as, a *weak* monarch. 6. lacking in force or effectiveness; as, *weak* authority. 7. lacking in strength of material; unable to resist strain, pressure, etc.; easily torn, broken, bent, etc.; as, a *weak* rail, a *weak* spot in a fabric. 8. not sound or secure; unable to stand up to an attack, etc.; as, a *weak* fortification. 9. lacking physical vitality; feeble by reason of age, illness, etc.; infirm. 10. not performing well or in a normal manner; said of a body organ or part, as, *weak* eyes, *weak* ears. 11. indicating or suggesting moral or physical weakness; as, *weak* features. 12. lacking in volume, intensity, etc.; faint; as, a *weak* voice, a *weak* current. 13. lacking in the full or proper strength of some ingredient; diluted; as, *weak* tea. 14. lacking, poor, or deficient in something specified; as, *weak* in grammar, a baseball team *weak* in pitchers. 15. a) ineffective; unconvincing; as, a *weak* argument. b) faulty; as, *weak* logic. 16. having a relatively low gluten content; said of a flour or wheat. 17. in *finance*, tending toward lower prices; said of a stock or stock market. 18. in *grammar*, a) inflected by the addition of a suffix such as *-ed* or *-d* rather than by an internal vowel change; said of verbs popularly called *regular*. b) inflected by the addition of a suffix originally belonging to a stem ending in *-n*; said of Germanic adjectives and nouns. 19. in *phonetics*, unstressed or lightly stressed. 20. in *photography*, lacking contrast; thin; said of a negative. 21. in *prosody*, designating or of a verse ending in which the stress falls on a word or syllable that is normally unstressed, often a preposition whose object occurs in the following line.

SYN.—*weak*, the broadest in application of these words, basically implies a lack or inferiority of physical, mental, or moral strength (a *weak* muscle, mind, character, foundation, excuse, etc.); *feeble* suggests a pitiable weakness or ineffectiveness (a *feeble* old man, a *feeble* joke); *frail* suggests an inherent or constitutional delicacy or weakness, so as to be easily broken or shattered (her *frail* body, conscience, etc.); *infirm* suggests a loss of strength or soundness, as through illness or age (his *infirm*, old grandfather); *decrepit* implies a being broken down, worn out, or decayed, as by old age or long use (a *decrepit* old pensioner, a *decrepit* sofa). —*ANT.* strong, sturdy, robust.

weak-en (wĕ'kən), *v.t. & v.i.* to make or become weak or weaker.

SYN.—*weaken*, the most general of these words, implies a lessening of strength, power, soundness, etc. (*weakened* by disease, to *weaken* an argument); *debilitate* suggests a partial or temporary weakening, as by disease or dissipation (*debilitated* by alcoholic excesses); *enervate* implies a lessening of force, vigor, energy, etc., as through indulgence in luxury (*enervated* by idleness); *undermine*

IV: Our Source of Power: I Can't But God Can

A. Write out the following 2 verses and memorize them:

- 1. John 15:5b**
- 2. Philippians 4:13**

B. Where does the strength come from to obey what God asks us to do?

We tend to be fiercely independent people who live in a culture where self-sufficiency is expected, where hard work is rewarded, and where achievement and success are pursued. Weakness and dependency are seen as negatives.

This orientation can be a stumbling block to understanding and living in the way the Bible describes as essential to our growth in Christ and to our daily walk in Him.

Read as many of the following passages as you have time for and summarize what they say about our actual position and source of power.

- 1. II Chronicles 16:9 – write out**
- 2. Isaiah 40: 21-41:1**
- 3. John 15:1-17 (The Vine)**
- 4. I Corinthians 2:1-5 (Spirit's power) write out**

5. **II Corinthians 1: 3-11 (Suffering and dependence)**

6. **II Corinthians 4: 6-10**

7. **II Corinthians 11:30, 12:5-10 (Thorn in the flesh)**

8. **Ephesians 1: 18-20 (Power that raised Jesus from dead)**

C. Think about your own attitude toward weakness. Why is it hard to believe/ accept that we really are weak?

D. How could agreeing that you are spiritually weak become an excuse of sorts?

(OPTIONAL)

E. Read Moses' story in Exodus 3:1-4:17; even though he was a great leader chosen by God, he is also classic for making weakness an excuse. How many times and in what verses did Moses question his ability to lead the children of Israel out of Egypt?

How did God react to his Moses hesitancy to obey? (verse 14)

F. Read Matthew 18:1-4 What does weakness and dependence look like in children?

Would you agree that it is developmentally appropriate?

What good things does it facilitate?

G. What relevance do these examples have for us?

Write out II Peter 1:3

H. Summarize your feelings and beliefs about the power available to you.

I: What difference could this make in your life?

Diagrams on the next two pages illustrate how the Holy Spirit wants to work in our lives. Look them over and we will discuss them next week. If you have time and want to study more about the Holy Spirit, go on to pages 2-17 and 2-18.

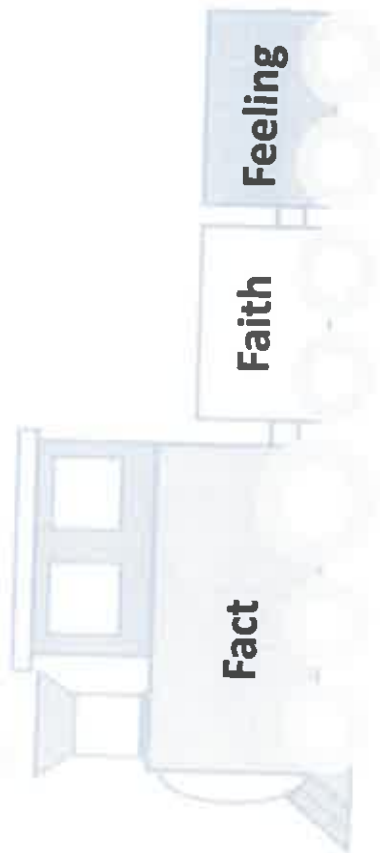
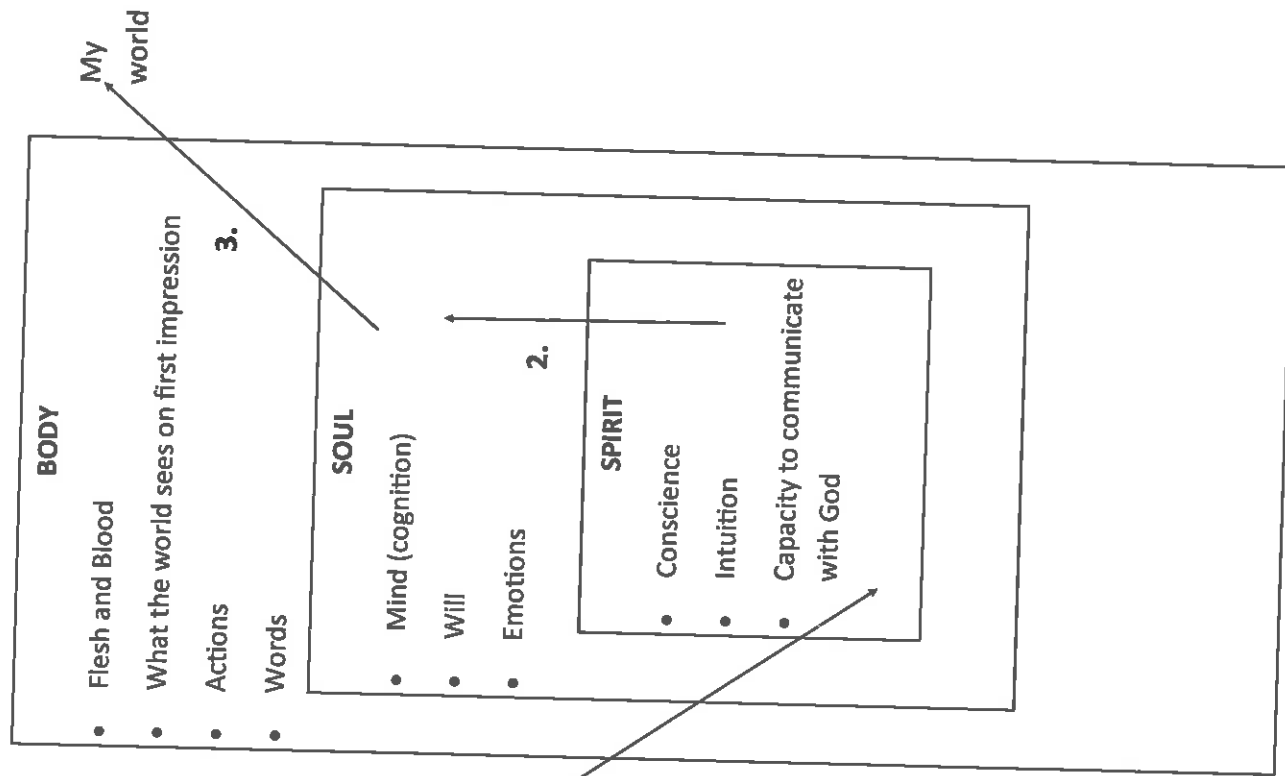
I am told that when Christ lives in me:

1. The Holy Spirit takes up residence in my human spirit.
2. He gains access to my soul and is able to:
 - Teach my mind
 - Control my emotions
 - Direct my will

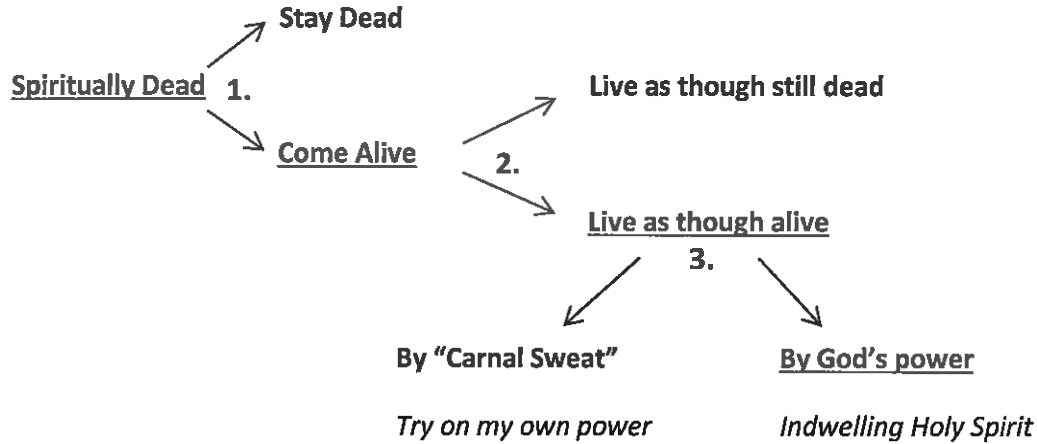
In turn, He seeks to govern my behavior:

3. What I do and say in actions and words that express themselves through by body out to my world.

God wants to reveal Himself
to the World through me!



Four Choices We Make in Response to God's Outreach to Us



(Carnal sweat is futile in

both Justification

(Being made alive)

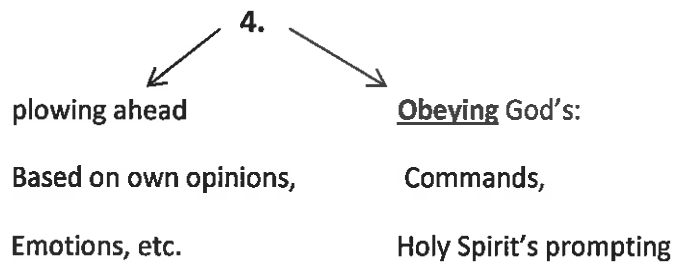
AND

Sanctification

(Growing in Christ likeness;

Christian walk)

Specific situation



OPTIONAL: *If you have time for further study: For more understanding of the role of the Holy Spirit's work in our lives as Christians, take time to look up the verses in the following section.*

The Holy Spirit

How familiar are you with the source of power Jesus told would come to live in His disciples and followers after He returned to Heaven? Do you know that the Holy Spirit was present and active in Old Testament times as well? The difference was that He was external to a person as opposed to living in a believer after Pentecost. We come from many backgrounds and have had various kinds of teaching about the Holy Spirit. Sometimes people have become focused on the gifts of the Holy Spirit and have become divided over things such as speaking in tongues. Often we are very limited in our understanding of His role in our Christian walk. Christianity teaches, based on Scripture, the concept of the Trinity: that God has three parts (persons) or manifestations (God the Father and Creator, Jesus Christ the Savior, and the Holy Spirit who indwells and guides the believer) that they are unified and aspects of the One true God; and that they describe different functions/ provisions. Whatever our individual backgrounds, we can all go to God's word to read more about the Holy Spirit. Who is He? What does He do? What does He ask of us? As we study forgiveness, we need to acknowledge and access the power He provides to enable us to live as Christ asks.

Look up the following verses and jot down beside each a characteristic, role, provision of the Holy Spirit. Single words are adequate.

A. Before Pentecost

- 1. Genesis 1:1-2** –When did the Holy Spirit start to exist?
- 2. Haggai 2:4-5**
- 3. Luke 1:26-38:** what did Holy Spirit do?
- 4. John 14:15-27:** Jesus talks about Holy Spirit becoming indwelling. Note in verse 17, the change in preposition from the Holy Spirit's just being _____you to the Holy Spirit's being _____ you. What difference would that make?

What does verse 25 say the Holy Spirit will do?

- 5. John 16:5-15**
Why do you think Jesus tells His disciples that it will be better for them to have the Holy Spirit says it is good for us to have the Holy Spirit in them than for Him to stay with them on earth?

List things Holy Spirit will do:

Verse 8-11:

Verse 13:

Verse 14:

- B. **Pentecost** (Acts2)_is the occasion when the Holy Spirit becomes indwelling. After Jesus rose from the dead and ascended into Heaven, the Holy Spirit was given in a new way, just as He had promised. Jot down single words or short phrase by each of these reference on functions and activity of the of Holy Spirit **after Pentecost**.

1. Acts 13:2

2. Romans 8:9-11

3. Romans 8:26-27

4. Romans 15:13

5. I Corinthians chapter 2

6. Galatians 5:22

7. Ephesians 3:16-19

There are many other verses in the Bible about the Holy Spirit. You could use your concordance to do a study sometime. It can be more helpful to read directly from the Bible than to read what a person has written about a topic. Here are other verses you could start with:

Isaiah 63:14

Matthew 28:19

Luke 2:25-32

Acts 20:22-23

Acts 21:4

I Corinthians 12:3

I Corinthians 12:4-11

II Corinthians 3:17-18

Ephesians 3:16