

Class Notes

April 6, 2016

Review of hurts to children and triggers

Do No Harm

The Mark of the Christian

Eclipses

Handout Set #11

This will be your last lengthy assignment! Can you believe our study is drawing to a close – at least formally? However, as you have discovered, forgiveness is a deep topic; we certainly have not exhausted its nuances and ramifications. You will continue to learn, to experience, and to apply forgiveness issues and approaches as you seek God’s truths in your life. There are so many areas we could yet explore, but – as in all of life – we are never done. We are life-long learners on a journey whose destination we will reach only when we see Jesus face to face. We have touched the surface these past few weeks – BUT we have enough to go forward and to obey.

“Jesus did many other miraculous signs in the presence of his disciples, which are not recorded in this book. But these are written that you may believe that Jesus is the Christ, and that by believing you may have life in his name.” John 20:30-31

“Jesus did many other things as well. If every one of them were written down, I suppose that even the whole world would not have room for the books that would be written.” John 21:25, the last verse of the book of John

There are two parts to this assignment:

- Another way of looking at our part in cooperating with God as He does His work in our lives
- An overview of key concepts in our study on forgiveness

A Review of My Role and God’s Role in the Christian Walk and in Making Forgiveness Possible

In Lesson 3, we talked about putting forms in place, disciplines that in themselves do not produce change or have power, but they do put us in a position where God can access our spirits and pour the power of the Holy Spirit to produce change in our lives. Review that lesson to refresh your mind regarding some these forms. In addition to the concept of forms, there helpful analogies:

1. **Light bulb in a lamp:** you can have a nice new light bulb in the lamp, but NO light will be produced UNLESS the lamp is plugged into a live source of electricity and the switch is turned on. You are like the light bulb, God is the power source to produce the light, and the forms you put in are like the switch and plugging into the contact that allow the electricity to flow to the bulb.
2. **Car:** you are like the car. You service it, wash it, and replace the tires as needed (like forms), but it won’t move out of your garage unless it has a fuel source and an ignition mechanism. God is like the gas, electricity, or solar power that can make that car run – if you give Him the access (like ignition) to your vehicle.

3. **Garden Hose:** you are like the hose which is only a conduit. It needs to be hooked up to the faucet (like forms) and have the water (like God's power) turned on before the water can reach your garden.
4. **Radio:** You are like the radio that just sits useless until it is plugged in and turned on (forms) to receive the radio waves that will produce the sound (like Holy Spirit's power) and effect you are seeking.

Your responsibility is to be in a place of availability and readiness, plugged into the power source and ready to come to life when the power source is "turned on." When we talk about "our role", we are not talking about a passive role but a dependent role. We are active in terms of putting forms in place, making ourselves available to God, committing our will to obey, cooperating in being alert to His promptings, tuning in to His Word, staying in constant contact with Him, and depending on Him to make the Christian life real. Then His power will make asking for forgiveness and granting forgiveness genuine experiences in our lives. BUT, even in these tasks, we need His help and strength. This is not to say that an unbeliever cannot forgive, but he or she is functioning on own power and resources and not accessing divine help in his efforts. When a person recognizes her weakness, her need, and God's availability, she can receive supernatural help that can accomplish a seemingly impossible task. God can and will do IN us what we cannot do on our own.

To help you explore this truth further, we'll go back to sentence structure that we learned in elementary school. Take time to look at some **action verbs** in which the subject does the acting even though, by definition, the verbs involve dependence on something or someone else! It seems like an oxymoron or a paradox, but this balance between our activity and God's is like that. That God does the substantive work does not mean that we are passive.

- **To Lean, to Depend** assume that the subject (I) doing the leaning has an object (person or thing -God) that is stable, reliable, strong enough to support the weight or need of the subject. Only then do I willingly complete the action of leaning, of depending.
- **To Yield, to Surrender, to "Let Go"** assume that the subject (I) who does the action directs it toward something. We don't just yield to a vacuum; we look for something wiser, safer, stronger, more powerful (God) to be a trustworthy recipient of our "action" which is basically to **cease** striving!

Let's look at some dictionary definitions of these verbs.

1. **Surrender**

- To yield to the power, control, or possession of another upon **compulsion or demand** (*God is looking for our voluntary response, however.*)
- To give up completely or agree to forego, especially in favor of another
- To give up into power of another
- To give(one self) over to something (as in an influence)
- To yield one's person or giving up the possession of something, especially into the power of another

2. **Yield** (*many dictionary definitions, but these fit best*)

- To give way to someone or something that one can no longer resist
- To give up and cease resistance or contention
- To hand over possession
- To relinquish to physical control of another
- To submit to another
- To acknowledge the superiority of someone else

3. **Submit** “suggests full surrendering after resistance or conflict to the will or control of another –such as a repentant sinner vowing to submit to the will of God”

4. **Defer** “implies a voluntary yielding or submitting out of respect or reverence for or deference and affection toward another.”

5. **Let** is a verb meaning to

- Allow
- Permit
- Allow to pass
- Refrain from interfering with
- Free

The next two pages have a short study on the verb “Let” as used in the Bible. Do when you have time – now or summer!

A Study on "Let"

Let is an action verb with various meanings including to allow, to permit, to forsake, to abandon, to release. It implies an imperative – being told to allow something, etc. The verb "let" is found over 1500 times in the Bible!

Look up the following verses and fill in the blanks regarding things God tells us to do or to forsake. He is asking us to cooperate with Him! Versions of the Bible will differ on words used, so the actual word "let" might not be in the verse you read. However, you should still be able to determine what God is referring to!

Genesis 13:8: Aaron said to Lot, **let's** _____

Psalms 34:3: **Let us** _____

Proverbs 3:3: **Let** _____ never leave you; bind them around your neck, write them on the tablet of your heart.

Proverbs 23:17: **Do not let** _____ but always be zealous for the fear of the Lord.

Ecclesiastes 5:2: Do not be quick with your mouth....**let** _____

Mark 4:9: Jesus said, "He who has ears **let** him _____

John 14:1: **Do not let** _____ . Trust in God; trust also in me"

John 14:27: Peace I leave with you. I do not give to you as the world gives. **Do not let** _____ and do not be afraid.

Romans 6:12: **Do not let** _____

Galatians 6:9-10: **Let us not** _____ ;
let us _____ , especially to those who belong to the _____ .

Ephesians 4:26-32: (read all the verses and find two instructions including let)

Verse 26: **Do not let** _____

Verse 29: **Do not let** _____ come out of your mouths but only what is helpful for building others up.

Colossians 3:15: **Let** the _____ rule in your hearts.

Colossians 3:16: **Let** _____ dwell in you richly.

Colossians 4: 6: Let your _____ be always full of grace, seasoned with salt, so that you may know how to answer everyone.

Hebrews 10:9-25 (Read all and in verses 22-25, note the "lets".

1. Verse 22: Let us _____
2. Verse 23: Let us _____
3. Verse 24: Let us _____
4. Verse 25: Let us not _____
5. Verse 25: Let us _____

Hebrews 12:1-3: Let us _____ everything that hinders and the sin that so easily entangles and let us _____ the race marked out for us. Let us _____, the author and perfecter of our faith.....

Hebrews 13:15: Through Jesus, therefore, let us _____ the fruit of lips that confess His name. In verse 16, what else is listed as a sacrifice? _____

1 John 4:7: Dear friends, let us _____ for love comes from God.

Revelation 22:17 (the last chapter of the Bible): The Spirit and the bride say, "Come!" And let him who hears _____ . Whoever is thirsty, let _____ ; and whoever wishes, let him _____ .

6. Let Go

- To release one's grip or hold
- Free
- Discard
- Dismiss
- Put aside
- To move from something

The above verbs are all action verbs, requiring the subject to do something that basically STOPS activity (carnal sweat) on our part and gives power over to God. When we think of our needing to actively submit our will and our lives to Christ, it is helpful to know what the words mean. He asks us to do this voluntarily, not under compulsion. He asks us to approach Him with open hands, to put no obstacles or conditions in the way, to release our wills, emotions, and actions to HIS control. It is helpful to visualize physically handing over our burdens, hurts, cares, challenges, desires, our weakness – giving it all to Jesus. Even in this surrender, we need His power; it is not a natural or easy step for us independent people. He asks us to refrain from interfering with His work. We have talked a lot about this in the past weeks, and yet it continues to be an evasive concept – one we grab onto with our mind and then so easily let slip away when wanting to apply. We must cry out to Jesus, saying, “I CAN’T do this on my own, but I know you CAN do it in me.” It is a moment by moment, step by step, daily surrender and walk with Christ, depending on His Holy Spirit for the power to make it real.

Flip to the next two pages (11-8 and 11-9)for a moment. By now, they are familiar to you. We need to keep coming back to the truth of Christ in us, the power of the Holy Spirit controlling each part of our lives.

CAUTION



It is important to note a caution at this point. We are talking about this total yielding, submitting, surrendering in your relationship with God. We are NOT talking about a reckless abandon to other people. For marriage relationships, for relationships with parents, employers, and for other human relationships, there certainly are biblical references regarding mutual submission, considering others needs ahead of our owns, respecting spiritual leaders, obeying ruling authorities, etc. HOWEVER, be careful not to distort them into thinking you are to yield to a threatening, hurtful person. You are not called to go back for more abuse. If a person like a spouse, pastor, teacher, or other usually trusted and safe person, is misappropriating his or her position of trust or authority, we need to stand back and take protective action. Pray, seek wise counsel, go to a safe spot. Remember, forgiveness does not mean that a hurtful action is OK, to be ignored, or to be allowed to continue.

Application

So far, in this lesson, you have done a lot of reading. Look back over it and star anything that specifically speaks to your heart in terms of the way you need to approach God. Which words or definitions speak to you? Add any words you might need to your application page (you have several – on pages 6-12, 7-12, and a new one at the end of these handouts on page 11-14.) Use the space below for any additional observations.

I am told that when Christ lives in me, the

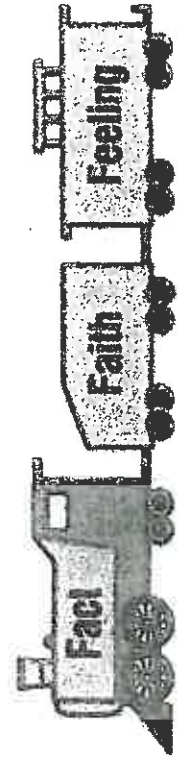
① Holy Spirit takes up residence in my human spirit.

② He gains access to my soul and is able to

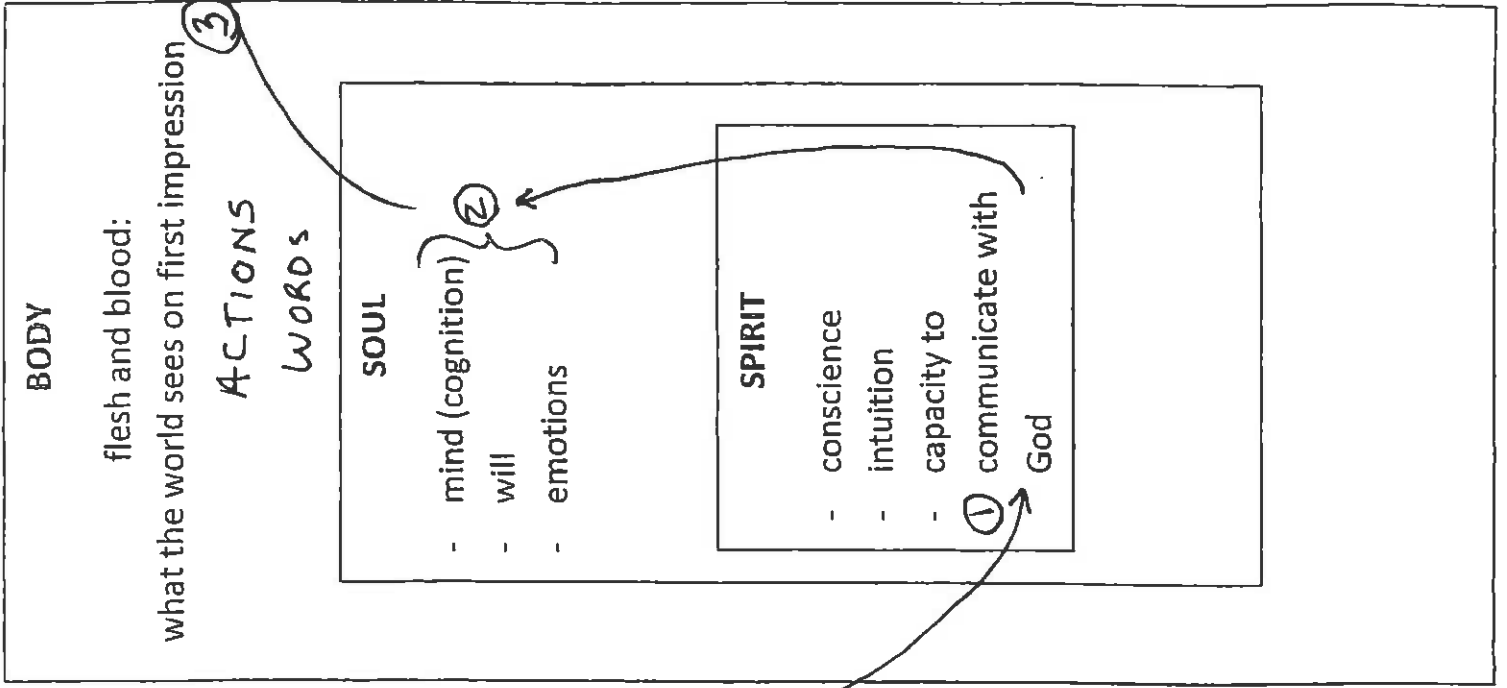
- teach my mind
- control my emotions
- direct my will

In turn, He seeks to govern my behavior -
③ what I do and say in actions and words that express
themselves through my body out to my world.

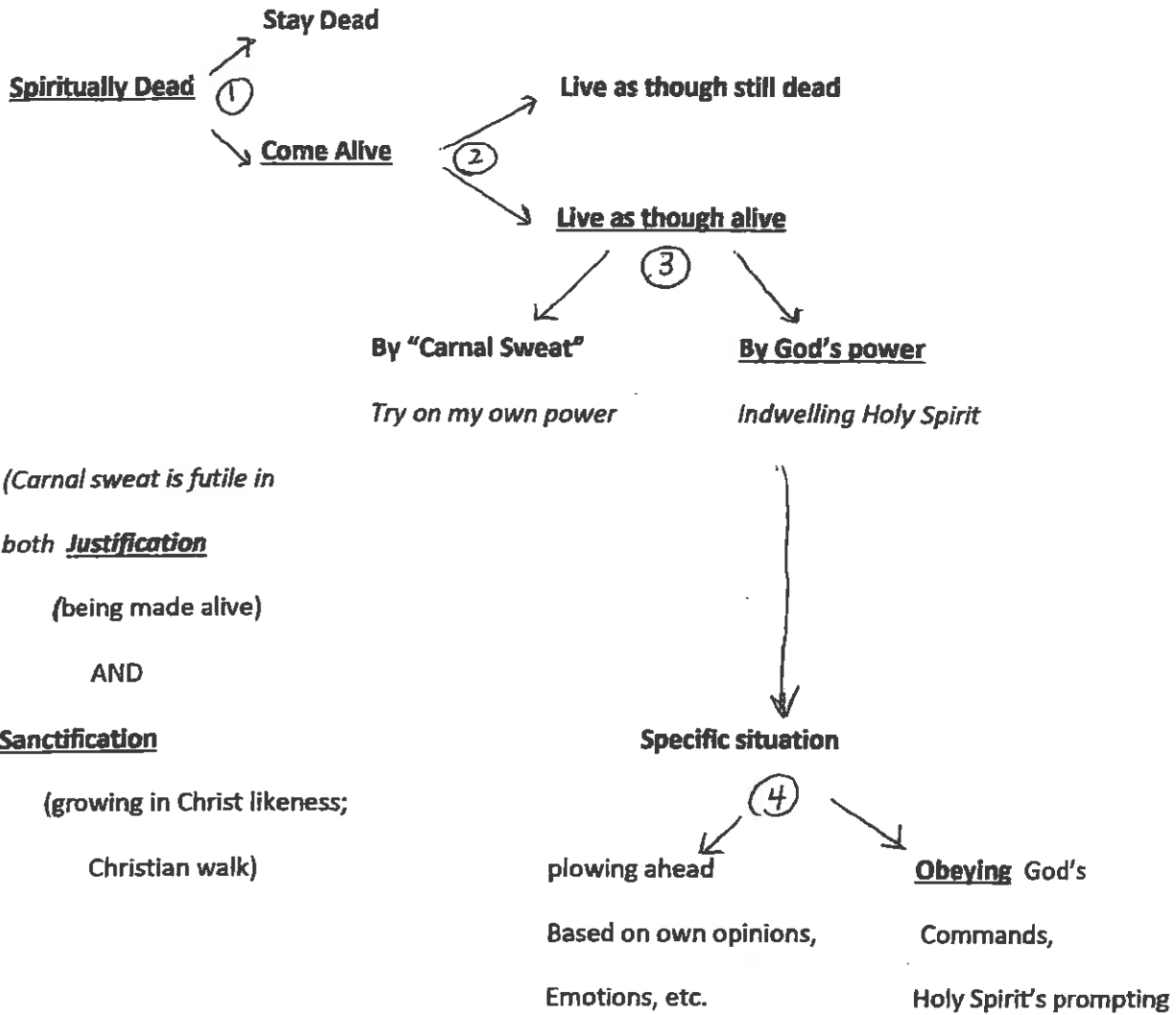
**God wants to reveal Himself to the
World through me!**



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

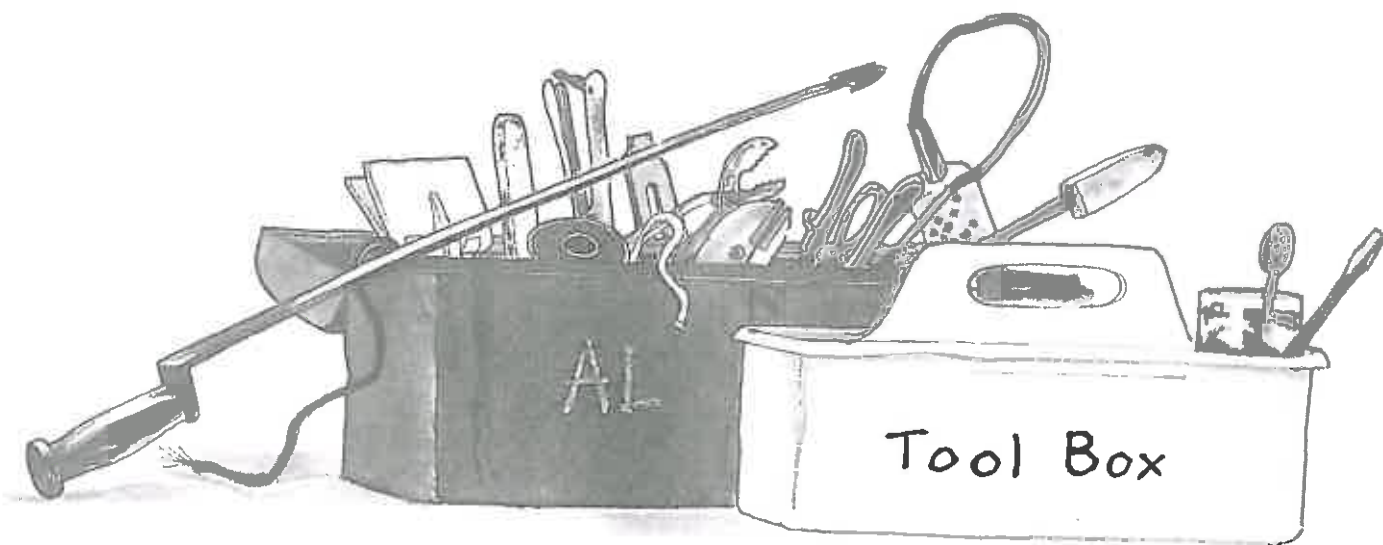


(Carnal sweat is futile in both Justification (being made alive)

AND

Sanctification

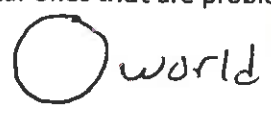
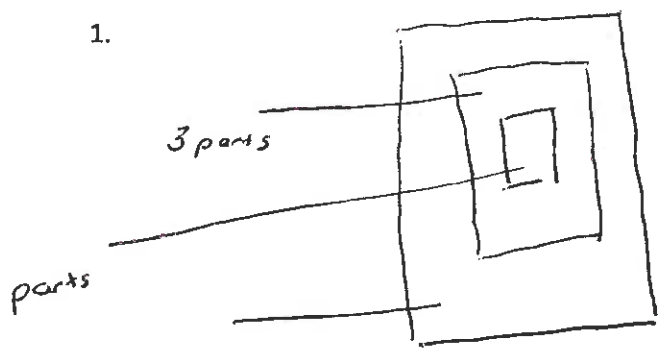
(growing in Christ likeness; Christian walk)



Our Course in Review

Review the key words and diagrams below, and jot down short definitions, key words, or summaries. Refer back to your previous lessons as needed. These are concepts to take with you from this class as you continue to apply what you are learning about forgiveness. Star ones that are problematic for you, ones you want to study further.

1.



Label parts of each and lines of control or influence. (pages 2-10 and 6-2)

2. **FORMs** – (3-3 through 3-6) What are they and which ones do you need to set up?

3. Put a yes or no by each of the following statements about what forgiveness is or isn't and note any questions.

- Forgiveness does not mean excusing or minimizing an offense.
- If you have forgiven someone, you should automatically forget the offense.
- An offender still needs to face the consequences of his actions (legal, etc.) even if you have forgiven him.
- Forgiveness always brings reconciliation and restoration in a relationship.
- It wise to set up appropriate boundaries after forgiveness.
- Forgiveness is often not a single moment in time but a process that takes time.
- When you realize you want/need to forgive someone, you don't need to examine your own role in the incident.
- Forgiveness is a miracle
- Refusing to forgive can bind you to a person or incident, can cause bitterness and ineffectiveness
- We can forgive anything if we just put our mind to it and try hard enough.
- If we refuse to forgive someone seeking forgiveness, we can end up adding to their hurt
- Unforgiveness can contribute to many emotional, spiritual, relationship, and physical problems.
- Some people deserve to be forgiven and others don't.
- An apology is needed before a person can forgive.
- Forgiveness is ultimately based on foundation of God's forgiving us
- A perpetrator of an offense may have had some bad experience that excuses his behavior.
- A perpetrator of an offense may have had a bad experience or history that can help us see him or her in a compassionate way – as a fellow human who is valued by God.
- It is most helpful to forgive even a serious hurtful event immediately.
- Sometimes, a person has to have some time to process hurt before she can approach forgiving.
- Forgiveness can free a person to move ahead.
- Children may feel confusion, blame, or guilt for abuse –may not realize the person who hurt her is responsible for behavior.
- There comes a point when it is impossible to forgive or be forgiven.
- Triggers can bring up memories and feelings that we thought were behind us.
- Re-experiencing memories or anger automatically means we haven't forgiven completely.
- Forgiveness is simple and follows a predictable formula.
- It is OK to start with baby steps.
- We can earn forgiveness.
- An effective thing to say to a friend who has been deeply wounded is, "That's in the past. You just have to let go and move on."

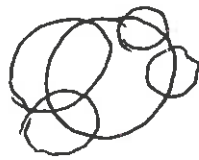
4. TRAIN



5. Four choices we make. (2-8, 11-9)

6. I can't but Christ can – weakness and strength (2-3)

7. Intersecting circles



8. Teeter totter



9. Why forgive? (page 2-1)

10. Thought stoppage, thought substitution, reframing (p 10-7)

11. Ways we respond to offenses (4-11 thru 4-13) Which describes you?

12. For an eagle to soar, the _____ has to exceed the _____.

How does that compare to our experience with forgiveness?

13. What is your favorite Image of Safety?

14. Difference between apology, appeasement, and accounting. (p. 6-1)

15. Pastor Dave Hannig's 3 "simple" statements describing apology (p. 5-7)

a.

b.

c.

16. Primary intervention in forgiveness(p. 6-1)

17. Secondary intervention

18. Tertiary intervention

19. IF you aren't experiencing fruits of the spirit or finding descriptions of Christian walk real in your life, what should you do? Try harder? Seek God and follow His guidelines? Lean on Him for help in this area. Read Philippians 2:1-8, Colossians 3:1-18. Look back at pages 1-10 and 2-14)

20. Triggers (pp.10-6 thru 10-8)

21. Amends? (not in notes yet)

22. Mark of a Christian and eclipse illustration (not in notes yet)

23. Review Personal Application pages (6-12, 7-12) Another one is included as last page of this set of handouts.

What is your plan from here on?

Re forgiveness-

- things you don't understand,
- things you feel convicted to act on,
- things you need God's power to implement,
- specific people or situation.

Notes on Application