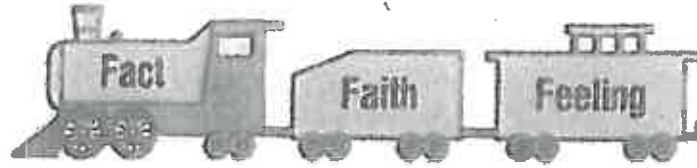


## Class Notes

Date: \_\_\_\_\_



### **BODY**

flesh and blood:  
what the world sees on first impression

### **SOUL**

- mind (cognition)
- will
- emotions

### **SPIRIT**

- conscience
- intuition
- capacity to  
communicate with  
God

## Homework Assignment Week 8

### Review of Forgiveness Basics and Reality of Christ Living IN Us

#### I. Review

##### A. Why Forgive?

We have explored the rationale for forgiveness many times in the past few weeks. You need to have answers ready at your fingertips for those moments of cynicism when you ask, "Why should I forgive her/him? It's just not worth it. And he/she just doesn't deserve it." Being able to recall why God asks us to forgive will help you resolve to obey and to commit toward healing, toward doing what is in your court to do. God does not want to put a burden of guilt or "should" on you. Real guilt comes from the conviction in our consciences by the Holy Spirit about something specific. The Holy Spirit prompts us gently and quietly. False guilt occurs when we beat ourselves up about something, feel accused and overwhelmed, and belabor a point way beyond the moment of supposed resolution or action. In Matthew 11:28-29, Jesus says,

*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."*

Easy does not mean simple; easy means that we don't have to rely on our own strength. We can lean on Christ and have access to resurrection power because the Holy Spirit dwells in us. He will guide and empower us to do what He asks.

**\*\*Below, list various reasons to forgive that we have talked about so far in class and in your homework. Review class notes, especially from March 9<sup>th</sup>, and page 1-13 and 2-1, and brainstorm for any others.**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

8. – or as many as you can come up with

In case you missed class on the days we talked about reasons to forgive, here are ones we addressed this past week:

1. We have been forgiven at great cost.
2. God commands us to pass this gift on to others.
3. Forgiving an offender can be something God uses to draw that person to Himself.
4. Obeying God in this way can be an example to others, especially our children.
5. We will feel better physically, emotionally, and spiritually if we do not harbor resentment.
6. There is a high cost to NOT forgiving.
7. We are to make the most of the time we have. We might not have tomorrow.

#### **B. Expansion on one reason: Being a Light to the World**

Being a vessel through whom God can show His love was one of the reasons we discussed. We find peace for our own minds, wills, emotions, and inner spirits when we lean on God, moment by moment, and let the Holy Spirit do His work in us. As Ian Thomas put it, our own frantic effort produces “carnal sweat”, and we become exhausted and unproductive. Rather than soaring like eagles with God’s power keeping us aloft, we frantically flap our wings to stay airborne, resulting in weariness, hopelessness, and minimal results. When we tap into the Holy Spirit, we can experience the reality of Christ living in us, the power that raised Him from the dead. As this becomes a reality in our daily lives, we can actually become what God asks us to be – a light in the darkness reflecting hope to a hurting world (Matthew 5:14-16).

*\*\*Can you think of examples from your own experience where the forgiving spirit of another toward you encouraged you in your walk with God?*

*\*\*Can you identify a current situation in your life where your moving toward forgiving another could be a great testimony to the reality of your faith?*

**\*\*Read and complete the next two pages on a Derived Life.** What a wonderful privilege and opportunity – God wants to show Himself through us to a waiting, hurting world! That world begins at your doorstep, with the people you interact with each day.

# Word Pictures of a Derived Life

## *Galatians 2:20*

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

A derived life is one that originates or flows from another. It is received from, obtained through, been produced by, or flows from another source. Our new life in Christ is a derived one that we receive; it is not produced by any effort or ability of our own.

Read the following verses and underline the one word analogy or image used in each such as **light**, for example. Pick at least one of these analogies to think about and jot down observations on things required to maintain that word in a physical sense, what comes from it, etc. For example, with the word **light**, think about sources of light in the physical world, how it is produced, what keeps it going, what makes it go out, what function it serves.

## **Isaiah 58:11**

The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.

## **Acts 13:47**

For this is what the Lord has commanded us: "I have made you a light for the Gentiles, that you may bring salvation to the ends of the earth."

## **2 Corinthians 4:6-7**

<sup>6</sup> For God, who said, "Let light shine out of darkness," made his light shine in our hearts to give us the light of the knowledge of the glory of God in the face of Christ.<sup>7</sup> But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us.

## **Matthew 5:14-16**

<sup>14</sup> You are the light of the world. A city on a hill cannot be hidden. <sup>15</sup> Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. <sup>16</sup> In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.

### **Psalm 1:1-3**

<sup>1</sup> Blessed is the man who does not walk in counsel of the wicked or stand in the way of sinners or sit in the seat of mockers, <sup>2</sup> but his delight is in the law of the LORD, and on his law he meditates day and night. <sup>3</sup> He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither - whatever he does prospers.

### **Jeremiah 17:7-8**

<sup>7</sup> "But blessed is the man who trusts in the LORD, whose confidence is in him. <sup>8</sup> He will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit."

### **John 4:13-14**

<sup>13</sup> Jesus answered, "Everyone who drinks this water will be thirsty again, <sup>14</sup> but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in him a spring of water welling up to eternal life."

### **1 Corinthians 3:16**

Don't you know that you yourselves are God's temple and that God's Spirit lives in you?

### **1 Corinthians 6:19-20**

Do you not know that your body is the temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price, therefore honor God with your body.

### **2 Corinthians 6:16b**

...For we are the temple of the living God. As God has said: "I will live with them and walk among them, and I will be their God, and they will be my people."

### **Philippians 4:12b-13**

... I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. <sup>13</sup> I can do all everything through him who give me strength.

**Add other verses as you discover them...**

## II. Freedom

If preoccupation with a hurt, the desire for revenge, and bitterness are consuming us, we are in bondage to a memory or to the person who has hurt us. That emotional, spiritual, and sometimes even physical bondage take a toll on our whole being. It can also hold us back from serving God in the way we desire. The visual image of a **ball and chain** is useful for helping us grasp how powerful and destructive this mindset can be.

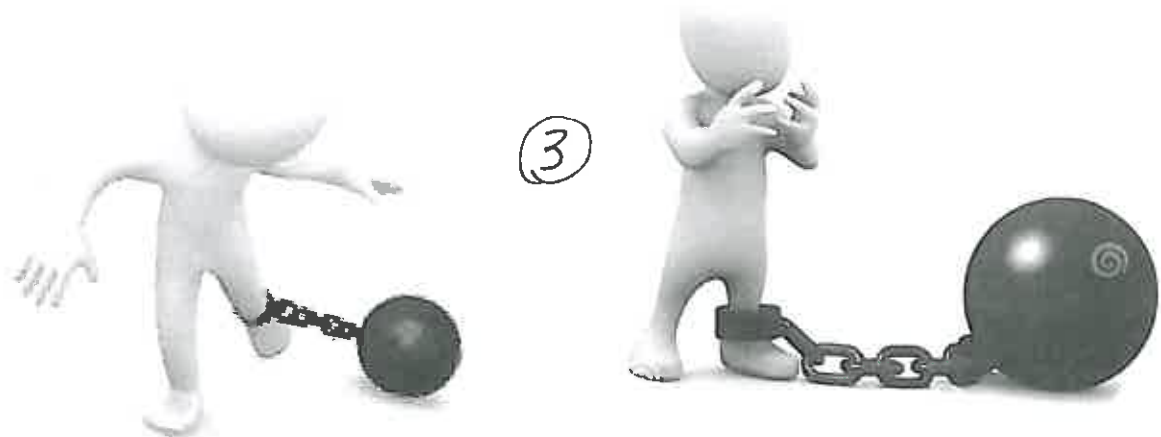
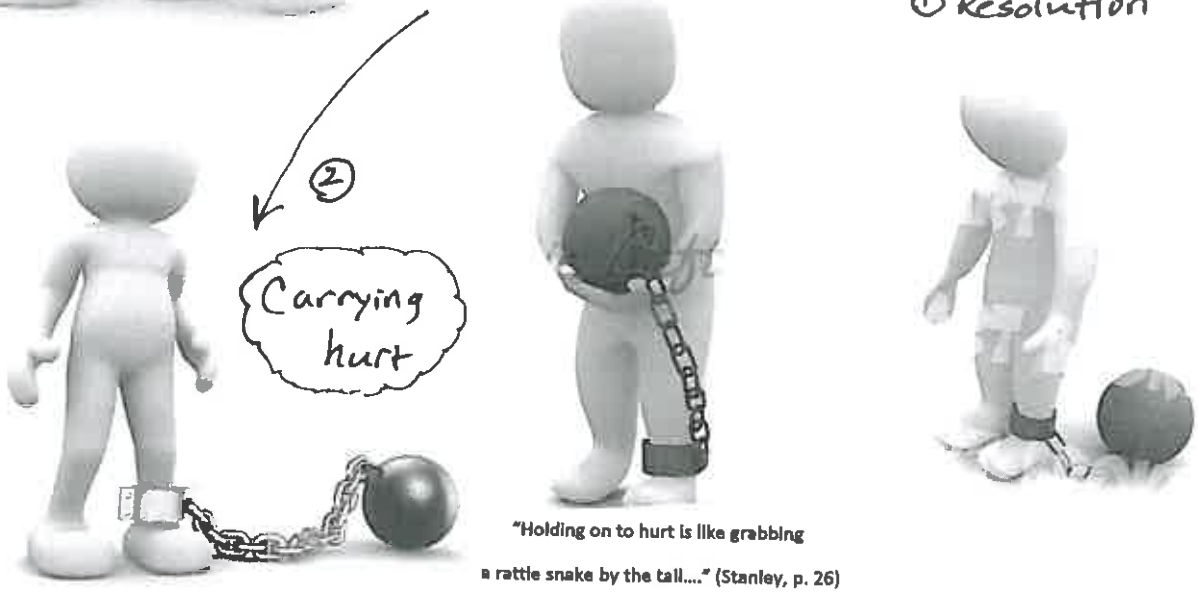
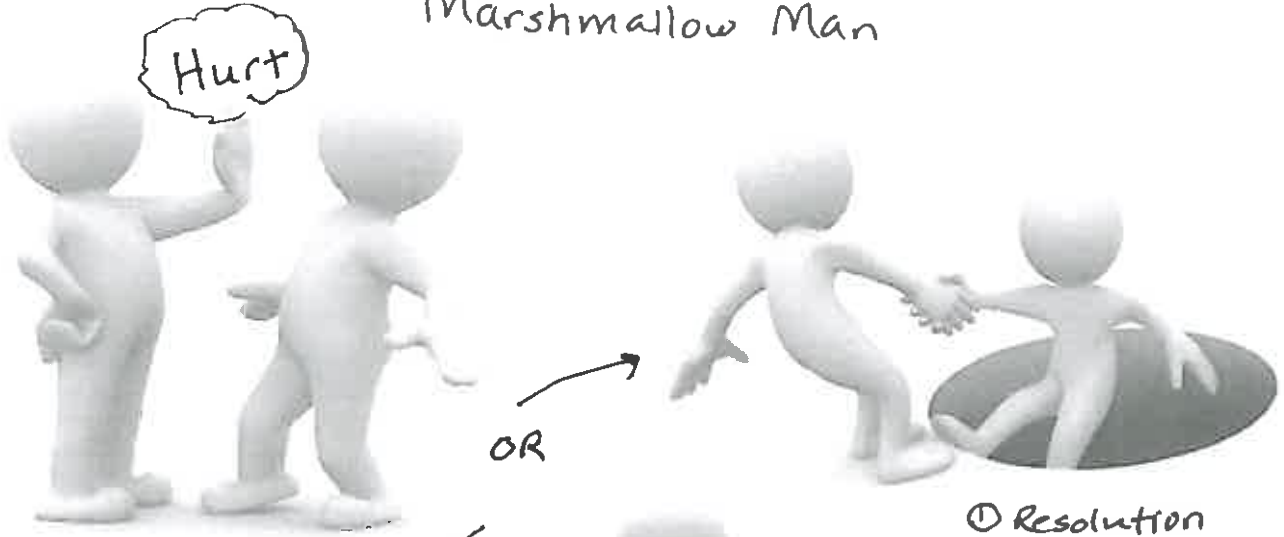
**\*\*Refer to the illustrations on the next 2 pages as you read the story of the Marshmallow Man.**

1. The initial reaction to a hurt, especially if it is slight, can lead to giving and receiving a simple apology, thus keeping short accounts. The one little Marshmallow Man pulling another out of a hole illustrates this.
2. On the other hand, a serious offense – or the unwillingness to resolve a lesser hurt- can proceed to a resistance to forgive or an overwhelmed, helpless feeling of being unable to handle the situation. In this case, our little Marshmallow Man can end up with a ball and chain around his ankle, the weight of which hampers every step he takes.
3. Marshmallow Man thinks of ways to shake that burden loose but cannot. He feels stuck, and it eats him alive.
4. At some point, the little Marshmallow Man is set free from the burden – someone has cut through the heavy chain. After wrestling alone and then starting to seek God’s help, he senses a lessening of the hard feelings, more peace in his soul, a lightening in his step – and suddenly he realizes the chain has been cut. He has been set free.
5. At this point, Marshmallow Man also is finding wisdom and acceptance – as to whether he can go back to a previously painful relationship or whether is best to go in a different direction. The Holy Spirit is working in his thoughts and emotions directly or through the counsel of a wise believer, helping him know what boundaries to put in place.
6. The little Marshmallow Man has been set free from bitterness and hurt. He doesn’t forget, but peace comes as he continues MOMENT by MOMENT, DAY by DAY, to remember that Jesus is with Him, Jesus understands, Jesus has freed Him, and He can depend on Jesus to continue to walk with Him when memories resurface, when he is faced with times when that ball and chain threaten to reattach.
7. It is not always a simple walk for Marshmallow Man, but he knows he has a refuge and help as he moves forward in his life – to continue to process the old hurt. He may not think about it for a long time, and then some trigger like running into a person or a news story will make it all come back. Jesus is there; Marshmallow Man will go back to Him – more quickly this time.

*“If the Son sets you free, you will be free indeed!” John 8:36*

*“Give thanks to the Lord, for he is good; his love endures forever...In my anguish I cried to the Lord, and he answered by setting me free. The Lord is with me; I will not be afraid. What can man do to me?... I was pushed back and about to fall, but the Lord helped me. The Lord is my strength and my song; and he has become my salvation.” Psalm 118:1, 5-6,3-14*

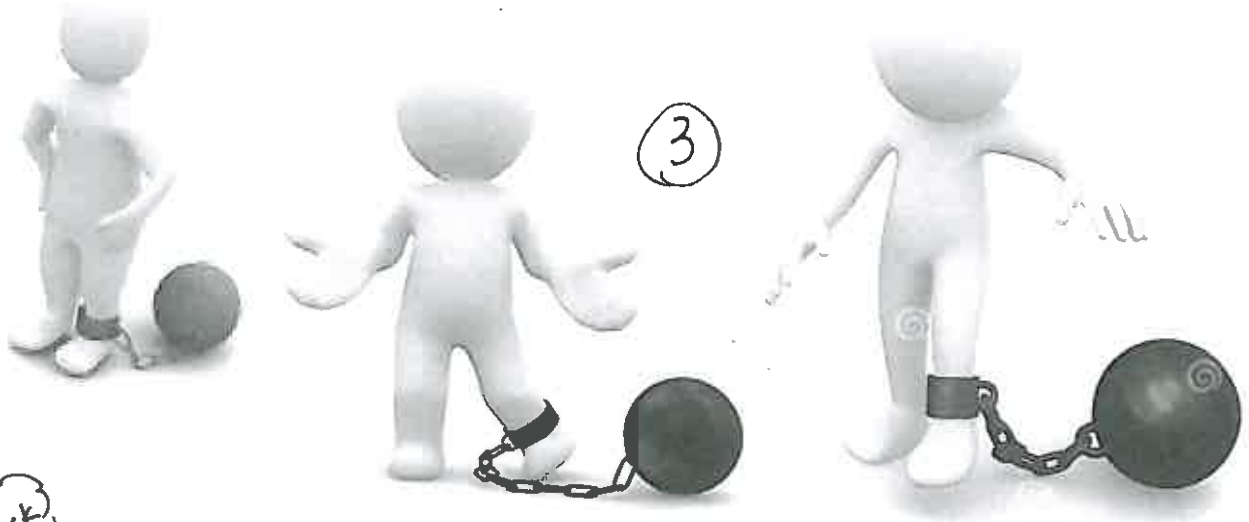
# Marshmallow Man



How long will you remain a prisoner to your own unforgiving spirit? You have the power within you (the Holy Spirit whose power raised Christ from the dead) to forgive, to be healed, and to be set free to live your life to the fullest." (Stanley, p. 191)

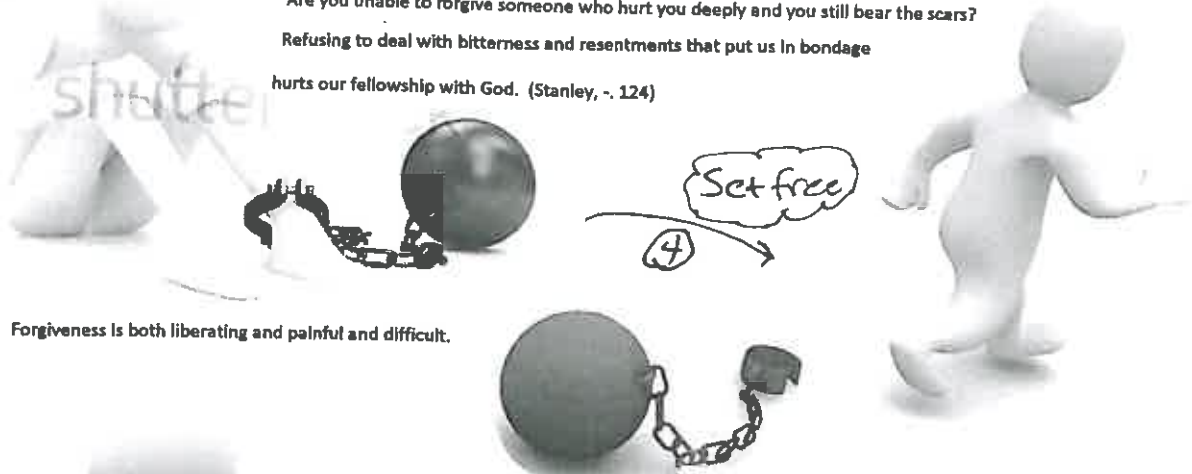


If I say, "For that I will never forgive him," I may become that person's emotional slave for the rest of my life. I relinquish control of my life. Bitterness can eat away at me until I am destroyed. (Stanley, p. 157)



Stuck

"Are you unable to forgive someone who hurt you deeply and you still bear the scars? Refusing to deal with bitterness and resentments that put us in bondage hurts our fellowship with God. (Stanley, -. 124)



Forgiveness is both liberating and painful and difficult.

"It is liberating because we are freed from the heavy load of guilt, bitterness, and anger we have harbored within." (Stanley, p. 191)



"I am setting us both free from what happened so long ago." (Stanley, p. 123)

### III. Christ IN You – The Hope of Glory (Colossians 1:27)

As you look forward to Easter and to the solemn days preceding it, think about what Christ has done for you. We have discussed the reality of **Christ living IN us**. He took up residence in your spirit when you opened the door to him. Galatians 2:20 becomes a reality:

*"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."  
Galatians 2: 20*

Christ in you, and you are in Him. The expression "**in Christ**" occurs 165 or 216 (depending on which commentator you choose!) times in Paul's letters in the New Testament. As the diagram below illustrates, you have a mutual, reciprocal relationship with Christ – something unbelievable that is often forgotten. \*\*Read John 15 1-10 which describes this.

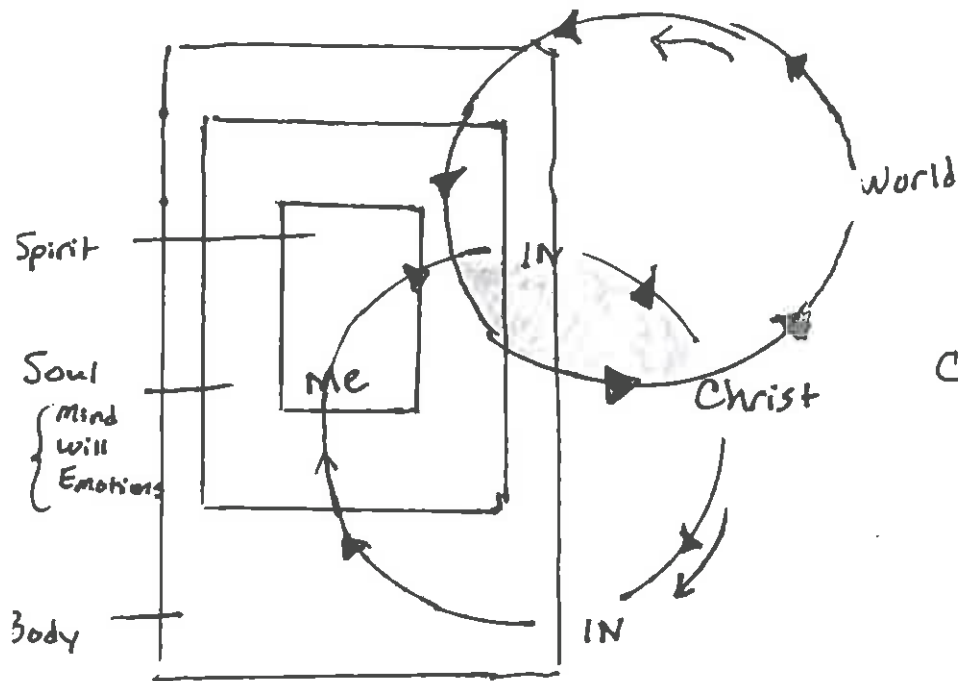
A 50 year-old unabridged dictionary has an extensive **definition** of the little two-letter word **IN**: **contained, enclosed by, inside, within, wearing, clothed by, perceptible to, amidst, surrounded by, affected by, engaged, occupied, made of, because of, by way of, belonging to, a part of the capacity or function of, agreeing with, forming a part of...** This list is followed by a summary statement regarding the word **IN**:

*"IN expresses inclusion with relation to space, place, time, state, circumstances, manner, quality, substance, a class, a whole."*

A dictionary definition of a tiny word helps us comprehend the depth and richness of the truth of Christ IN me, and I IN Him! It makes verses like Colossians 2:6-7 explode with meaning!

*"And now just as you trusted Christ to save you, trust him, too, for each day's problems: live **in vital union with him**. Let your **roots grow down into him** and draw up nourishment from him. See that you go on **growing in the Lord**, and become strong and vigorous in the truth you were taught. Let your lives overflow with joy and thanks giving for all he has done."  
(Living Bible)*

*"Therefore as you have received Christ Jesus the Lord, walk in (union with) Him (reflecting His character in the things you do and say – living lives that lead others away from sin), having been deeply rooted (in Him) and now being continually built up in Him and (becoming increasingly more) established in your faith, just as you were taught, and overflowing in it with gratitude."  
(Amplified Bible)*



Christ IN me -  
 Holy Spirit inhabiting  
my spirit - will  
 control how world's  
 input affects me  
 and will determine  
 what I do in the  
 world

The above diagram illustrates the input of two systems into the life of a Christian. Christ lives in us by virtue of the Holy Spirit inhabiting the human spirit (bottom circle). From that core, the Holy Spirit's power is available to control and direct the soul: thoughts, emotions, and will. The soul then determines the behaviors and attitudes that will be observed by the world (the shaded area of overlap). The Christian still lives in this world and receives input from the world (top circle). That input is intercepted and affected by the Holy Spirit. It need not touch our inner core or spirit. Rather, the sphere we so often operate in - letting the soul (mind, will, and emotions) determine our response to the world - will be filtered through our position in Christ. We are given the power to yield to His direction rather than being controlled by the world and our initial reaction to what it brings our way. If this is confusing and sounds like Greek to you, hang on. We will go over it in class, and hopefully the concept will be clear!

As you face situations in life, you ARE living in this world and have to deal with its challenges and with your fallen nature. However, you also have this inner, closed circuit between you and God through the indwelling Holy Spirit - and this is where you need to go moment by moment for wisdom, clarity, comfort, guidance, and power. Jesus prayed for His disciples - that though they were in the world, they would not be of the world.

**\*\*Read Jesus' Prayer in John 17:6-26, and summarize what Jesus was requesting.**

#### **IV. In Christ – Your Place of Safety**

Being “In Christ” is an ongoing, uninterrupted position for the Christian, though we often neglect its significance as long as things are going our way. Our goal should be to acknowledge and rely on that continually. Sometimes it is only at times of obvious weakness and need that we remember it. Our desire should be to live in that truth moment by moment.

When you are faced with a hurt or with the need to make things right, you may quickly come to the stark reality of your need to rely on this truth. Take time to look its soothing comfort.

- A. **\*\*What comes to your mind when you think about images of safety, affirmation, protection, comfort? What words would you use to describe things, places, or people that help you stand up against “the odds”. (Ideas would be Bible verses that have helped you, visual images such as a child being wrapped up tightly and held, a bomb shelter – anything you think of.)**

**\*\* Read II Samuel 22:22-37 and list the images/analogies David uses to describe God’s provisions.**

B. **\*\***There are countless passages that give an image of refuge, a hiding place, or protection. As you have time, this week or next (no new assignment over Easter week!), **look up some of the following references and jot down the images.** Star ones that are particularly meaningful to you, and write them out on notecards to reassure you at vulnerable moments.

1. Luke 13:34
2. Deuteronomy 32:4
3. Joshua 20
4. Psalm 32:7
5. Psalm 33:20
6. Isaiah 40:11
7. Psalm 100:3
8. John 10:15
9. Isaiah 51: 15-16
10. Isaiah 57:14-15
11. Isaiah 63:14
12. Isaiah 64:8
13. Psalm 17:8
14. Psalm 18:16

***There is no end to the encouraging verses that will help you hang on during the toughest of circumstances!!*** The ones you find on your own will be the most meaningful, and the Holy Spirit will bring them to your memory at times of need. Read and bask in what He has for you as you wrestle with troubling memories, with forgiving and being forgiven.

There is nothing that the fallen world deals us that cannot be soothed, survived, and redeemed by Christ. Let these images soak into your spirit and overflow into your soul (thoughts, feelings, will). They will transform your attitude even in the midst of pain. They will affect your behavior – what you act out through your body, what the world can see! God will do something in and through you that you **NEVER** could do on your own. This truth can dramatically affect the journey of forgiveness.

***“Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. For you died, and your life is now hidden with Christ in God.”***

**Colossians 3: 2-3**