

Module 4 Lesson 3

From Faulting to Forgiveness

KEY IDEA

Forgiveness is essential to intimacy. Blame keeps couples stuck in patterns of hurt, but forgiveness clears the path for healing, reconnection, and Christlike love to grow.

KEY SCRIPTURES

- Matthew 7:5 - “first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye.”
- Ephesians 4:31–32 - “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”
- Colossians 3:13 - “Forgive as the Lord forgave you.”

LESSON & NOTES

SPECK SEEKERS -

LOG LIFTERS -

FORGIVENESS IS NOT -

FORGIVENESS IS **H.O.L.Y.**

H_____

O_____

L_____

Y_____

Forgiveness is a _____ and a _____

KEY POINTS

- Fault-finding is rooted in pride, self-protection, and unhealed wounds
- Forgiveness is not saying the hurt was okay — it is releasing the debt
- Christ is both our model and power for forgiving one another
- Forgiveness restores connection; blame destroys it

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HeartWork

Fred talked about revenge occurring often in marriages. Revenge is doing something purposely to harm another because of something they did to you. Can you recall any times that you harmed your spouse with words or actions out of revenge? What was the outcome of such words or actions?

NOTE: Revenge ought to be differentiated from natural consequences. Natural consequences are the result of doing something that may harm someone. For example, a natural consequence for hurtful words often include distrust from the offended person, which is often shown through actions of withdrawal and caution. Revenge (or punishment), on the other hand, would be purposely giving someone the silent treatment. The difference is often in the intent of the heart.

When considering resolving conflicts with your spouse, do you more reflect the Log Lifter, or the Speck Seeker? What areas in your life are easier to accept responsibility for and refuse responsibility for?

When you sin against your spouse, Fred shares that the responsibility of a Log Lifter is to help create the atmosphere of forgiveness. This is accomplished through 1) confession, 2) asking them to forgive you, 3) understand the impact of your sin on them, and then 4) demonstrate the fruit of repentance. When you sin against your spouse, and on a scale of 1-10 (with 10 being “Great”), how well do you do each of these steps?

How does Christ remove the weight of your sins and free you from guilt and shame (Rom 8:1)?

Fred stated, Log Lifters “still have to live with their decisions, but by grace, they are not defined by them.” What do you think he means by this?

Speck-Seekers are filled with self-deception. Based on what Fred mentioned in the video, how do Speck-Seekers deceive themselves?

What would be helpful to you personally, as well as for you as a couple, to both become Log lifters?