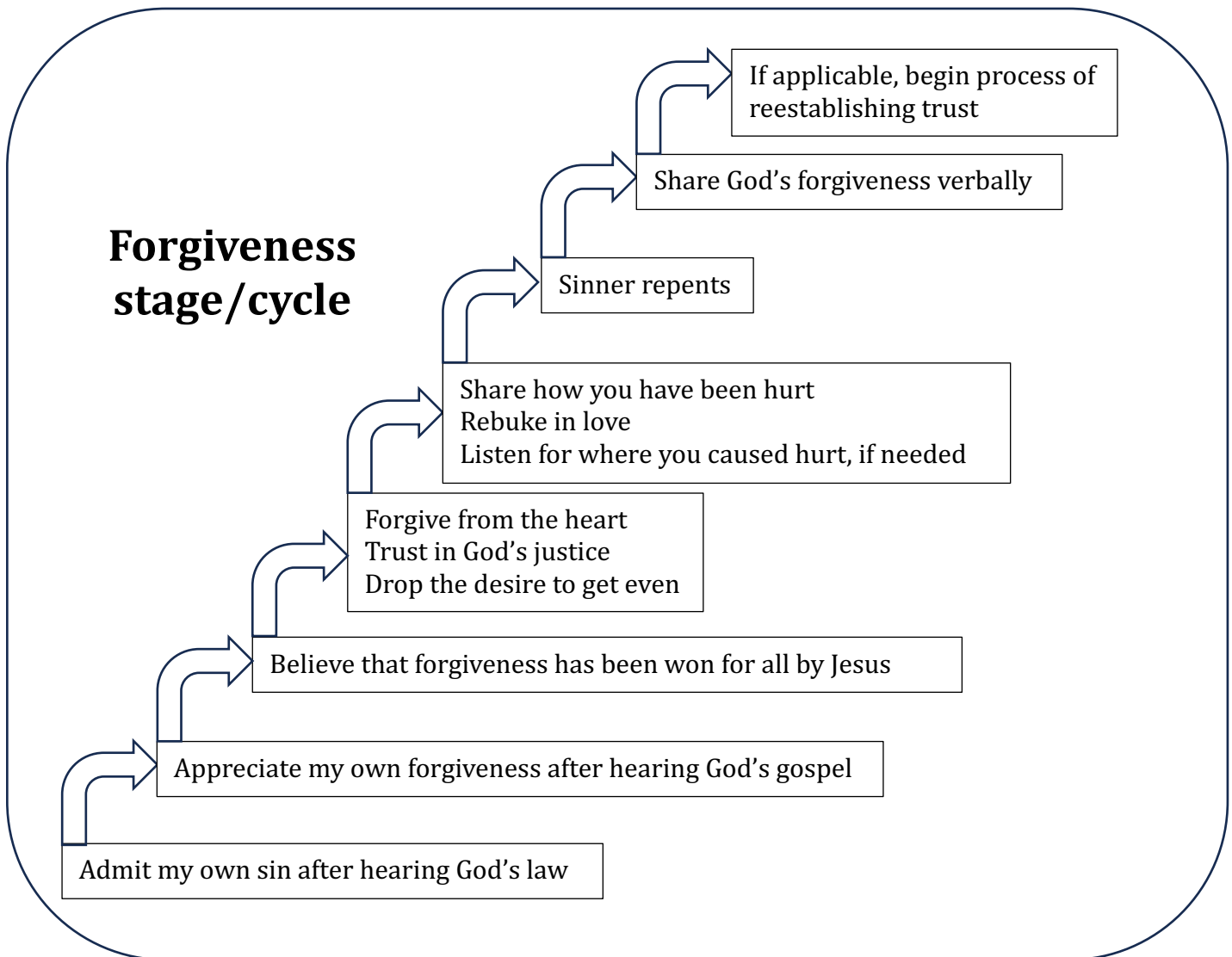


Meeting the Ups and Downs of Life – Week 5

Lesson 2 Continued – Hurt and Unresolved Anger

We're now done with the scenario we've been discussing (Sally, Alice, George, and Frank). While we've been applying their awkward situation to ourselves, we will spend our time diving deeper into what all goes into forgiving someone else. This chart illustrates what (ideally) happens when God intervenes with his law and gospel when we are angry because someone has hurt us. As you start in the lower left corner, note how nothing positive and God-pleasing happens without God's intervention. All of us would be stuck, along with Sally and Alice, in the pre-forgiveness stage if it weren't for the Holy Spirit working in our hearts. This is also a repeated cycle; one time through does not automatically save us from pain or sinning. We repeat this cycle often.



1. This chart shows something that is different between God's forgiveness and human forgiveness: God's is instantaneous while our is a process. For what reasons does that difference exist?

2. Explain/discuss how each of the phases (each separate box in the chart) is an important part of forgiving. Turning to **2 Corinthians 5:16-21** will be useful for this section.
 - a. Admit my own sin –
 - b. Appreciate my own forgiveness –
 - c. Forgiveness has been won by all for Jesus –
 - d. Forgive from the heart –
 - e. Trust in God's justice –
 - f. Drop the desire for revenge –
 - g. Share your hurts –
 - h. Rebuke in love –
 - i. Listen for where you caused hurt –
 - j. Sinner repents –
 - k. Share God's forgiveness verbally –
 - l. If applicable, begin process of reestablishing trust –
3. L is the twelfth letter of the alphabet. What does that tell us about forgiving others?
4. In what ways does forgiving someone change our view of that person?

What other thoughts and questions do you have about forgiveness, grudges, etc.?

Lesson 3 – When We Have Multiple Good Options in Decision-Making

Goals

- To learn to apply God’s Word and his will as we wrestle with decisions regarding the use of God’s blessings of our skills, talents, wealth, and possessions.

Life Example

Rodney is a gifted 18-year-old. As he went through high school, Rodney had planned to go to college to get a degree in computer science. His parents hope he does that.

But the computer software company he has worked for part-time has offered him a full-time job after he graduates later in the year. His starting salary would be \$45,000, plus benefits.

Rodney is also a talented guitarist and singer. He has played in a band with some of his friends for three years. After playing at the county fair this past year, an agent told Rodney’s band that they have a chance to make it big; but that’s only if they devote all their time to the band.

Rodney and his family are strong members at the local WELS church.

Reflections of Faith

1. Rodney has some life-changing career decisions to make. Each of them is something he has the gifts to do, yet each of them could have some unintended consequences attached to them. Discuss the consequences of each potential career choice.
 - a. College –
 - b. Full-time job –
 - c. Band –
2. Imagine you’re a trusted teacher of Rodney’s. He’s come to you for advice before; he comes to you again for this situation. He’s going to want to make sure the decision is his own and not anyone else’s. As you talk with him, what are some important things you want to make sure he’s thinking about as he makes his decision?

Light from the Word

3. As you encourage Rodney, what insight can you remind him about from **John 16:30**?
 - a. In what way does that verse apply to Rodney’s situation?

4. Some people, when faced with decisions like these (job changes, moving, etc.), are consumed with worry. What helpful truths do each of these passages give you as you make your decision (whatever it may be)?
 - a. **Psalm 139:2-3** –
 - b. **Matthew 6:31-34** –
 - c. **Matthew 7:7-11** –
5. Would it be wise to give Rodney this advice? “Put your decision in God’s hands and flip a coin or draw straws.” Consider what **Luke 14:28-30** has to say about decision-making.
6. What cautions from **1 Timothy 6:6-10** are in order as we make decisions regarding our future?

Next week, we will talk about another scenario that will help us discuss a few other truths that apply to the ideas of decision-making and instant gratification.

Closing Prayer CW 705 Oh, That the Lord Would Guide My Ways v. 2
**Order my footsteps by your Word, and make my heart sincere;
let sin have no dominion, Lord, but keep my conscience clear. Amen.**