

# The Good Life | Week Nine

*Blessed are the merciful, for they will be shown mercy...Blessed are the peacemakers, for they will be called children of God.*

Matthew 5:7, 9

**"Blessed (how happy) are those who show mercy through forgiveness, kindness and compassion, for they will receive mercy."**

*For Christ's love compels us, because we are convinced that one died for all, and therefore all died. <sup>15</sup> And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again.*

*<sup>16</sup> So from now on we regard no one from a worldly point of view. Though we once regarded Christ in this way, we do so no longer. <sup>17</sup> Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! <sup>18</sup> All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: <sup>19</sup> that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation. <sup>20</sup> We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. <sup>21</sup> God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.*

2 Corinthians 5:14-21

**Our best life is found when we learn to show \_\_\_\_\_ and \_\_\_\_\_ to those who have wronged us.**

**We want \_\_\_\_\_ over mercy and \_\_\_\_\_ over peace.**

**When we have been wronged...**

- \_\_\_\_\_ and \_\_\_\_\_.
- \_\_\_\_\_ and \_\_\_\_\_.

*Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord.*

Hebrews 12:14

### **When we've wronged others...**

*"Do not judge, or you too will be judged. <sup>2</sup>For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.*

*<sup>3</sup>"Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? <sup>4</sup>How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye? <sup>5</sup>You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.*

Matthew 7:1-5

- \_\_\_\_\_ **specifically.**
- \_\_\_\_\_ **the hurt.**
- \_\_\_\_\_ **the consequences.**
- \_\_\_\_\_ **the behavior.**
- \_\_\_\_\_ **for forgiveness.**

# The Good Life | Next Step Recommendations

## Next Step Breakout Areas

- **Group Counseling/Individual Counseling**
- **Book Study**
- **Other Wholeness Ministries**

You would likely benefit most from **Group Counseling/Individual Counseling** if you chose questions related to:

- Desire to improve one or more significant relationships
- Unhealthy behavioral patterns or addictions that affect day-to-day life
- Sense of overwhelming loneliness, anxiety, or depression
- Physical, sexual, or emotional abuse (witnessed or direct experience)
- Suicidal thoughts/attempts (individual counseling recommended)
- Family of origin Issues
- PTSD (major accident, combat, severely negative experience, etc)

You would likely benefit most from **the book study** if you chose questions related to/are interested in learning more about:

- Healed from past but still struggle with fear, anxiety, or sadness
- Low self-esteem
- Negative outlook on life in general
- Desiring to get closer with God
- Identifying and understanding the effects of your family tree and family experiences

You would likely benefit most from **other wholeness ministries** if you chose questions related to:

- Unhealthy dependencies of any kind
- Dealing with grief or experiencing a transition in life
- Experiencing generally negative emotions and feelings (identified or unidentified)
- Family member affected by addiction or mental illness
- Substance abuse of any kind

# Week Nine | Final Reflections

## Day 1 | Forgiveness and Reconciliation

1. What new insight(s) did you glean from the teaching on forgiveness and reconciliation this week?
2. In your own words, define reconciliation.

### ***Read 2 Corinthians 5:14-21***

3. What does it mean for you that “God has reconciled us to himself through Christ?”
4. Is forgiveness for yourself or for someone else still something that you struggle to extend with grace, as God has already done for you? If so, why do you think that is?

If this is something that you do not struggle with, what happened that changed that for you or why do you think this is a process that is easier for you?

5. What next step are you going to take to continue to walk down the road of growth, healing, forgiveness, and reconciliation?

## Day 2 | A Day to Continue

Over the course of the last nine weeks, you have committed to your own growth, spiritually and mentally. You have done an incredible job! Be encouraged to keep it up. Know that you are being prayed for as you take your next step.

Below are a few different resources you can use to help you as you continue to learn and understand the Bible in context:

### **[studylight.org](http://studylight.org) or [blueletterbible.org](http://blueletterbible.org)**

- These resources can be helpful if you want to look up the meaning of a word or phrase that is used in the Bible, see where else it is used in Scripture, and see the original translation.

### **[bible.com](http://bible.com) (“The Bible App” on your mobile device) or [biblegateway.com](http://biblegateway.com)**

- These resources can be used to read scripture on-the-go, and have hundreds of Bible reading plans and the ability to read a plan with friends.