

Grace is Greater Life Group Curriculum

Week 3 – Greater than our Wounds

Opening Question: What were the most difficult years of your life? Childhood? Teens? 20's, 30's 40's, 50's? If you had to go back and do those years over again, what would you do differently?

Opening Prayer:

Heavenly Father, thank you for this gathering with friends. Tonight, we pray that we again come to better understand and experience your grace. Our world is in desperate need of your grace; may you start with our hearts and reach others through us. Bless our time together. In Jesus' name. Amen

Scripture Reading: *Ephesians 2:4-7, 1 Corinthians 15:20-23*

Content and Meaning:

In dealing with pain many of us do one or several of the following:

- **Repression** – Pushing down our hurt and pain.
- **Rehearsal** – Keeping an awful and painful experience active in our minds.
- **Release** – Letting go of anger and bitterness.

Ephesians 2:4-7 states twice that we have been resurrected – “God... made us alive with Christ” (verses 4-5) and “God raised us up with Christ” (verse 6).

- In what sense have we who believe in Christ already been resurrected?
- How does grace address our wounds – the pain from other’s sin against us in the past?

Consider Paul’s statement that this grace is “expressed in God’s kindness to us in Christ Jesus.” (verse 7)

- How does God’s healing of our wounds demonstrate His kindness and grace?

Meditation and Application:

Now that we have a better understanding of the teaching of this passage, let’s go one step further. Let’s focus on what these truths say for our hearts here and now, and for how they can help us live moving forward.

- Some of us have wounds that others have caused us. What would be most difficult about forgiving someone who has sinned against you so greatly?
- What wounds are on your mind right now? How have you been repressing or rehearsing them, and what does it look like to release them to the Lord?

Paul says that God’s love for us, despite our sinfulness, demonstrates “the incomparable riches of His grace” (verse 7). We can never show more grace to others than God has first shown to us.

- How does this challenge you? How does this encourage you?

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"Grace is a two-way street. We cannot receive God's grace then refuse to give it to others."
- Kyle Idleman

- Who in your life needs your complete forgiveness? As much as it depends on you, how can you pursue reconciliation? How can we as a group support you in your healing journey?

4 steps towards giving grace:

1. Forgive because we've been forgiven.
 2. Release our feelings of anger and bitterness to God.
 3. Commit the people who have hurt us to God.
 4. Seek reconciliation with those who have hurt us.
- In terms of these four steps, where are you on the road to reconciliation with those who have hurt you most?

"When forgiveness results in reconciliation, it most accurately reflects God's grace and forgiveness toward us."
- Kyle Idleman

Prayer:

Heavenly Father, thank you for testimonies of grace, for how you work in our lives. Give us grace to release our deep hurts to you and to forgive those who have sinned against us. Enable us to support one another on this journey of grace-giving. Thank you for your Son, who suffered the ultimate wrongful treatment and died in our place. In His name, we pray. Amen