

## Forgive & Live Week 7

### What to do with Muddy Shoes

Confrontation is giving the offender the \_\_\_\_\_ to repent.

Repentance is changing the way you \_\_\_\_\_ which results in a change in \_\_\_\_\_.

Characteristics of repentance:

1. Having a \_\_\_\_\_ and \_\_\_\_\_ heart.
2. Willingness to take \_\_\_\_\_ for their own behavior.
3. Willingness not to \_\_\_\_\_ again.
4. Not out of \_\_\_\_\_.
5. Doesn't throw \_\_\_\_\_ back on the victim and doesn't \_\_\_\_\_ the victim.
6. Not out of \_\_\_\_\_ but out of \_\_\_\_\_.
7. Claims no \_\_\_\_\_ while asking \_\_\_\_\_ for a wrong done.

Restitution is an effort to \_\_\_\_\_ a wrong done.

Restitution is ultimately found at the \_\_\_\_\_.

If your offender does not \_\_\_\_\_, you can set a \_\_\_\_\_ and not let them in the house of your heart.

Every relationship needs \_\_\_\_\_ boundaries.

Rooms in the house of my heart:

1. Foyer

2. Living room
3. Dining room
4. Family room
5. Kitchen
6. Bedroom
7. Front porch
8. Sidewalk or curb

God never commands us to \_\_\_\_\_ another human being.

The only person God commands us to \_\_\_\_\_ is God Himself.

Anatomy of trust (Brene Brown)

1. B \_\_\_\_\_
2. R \_\_\_\_\_
3. A \_\_\_\_\_
4. The V \_\_\_\_\_
5. I \_\_\_\_\_
6. N \_\_\_\_\_
7. G \_\_\_\_\_

We can \_\_\_\_\_ someone in some areas but not in others.

Restoration is the \_\_\_\_\_ of a break in the relationship.

Restoration requires \_\_\_\_\_ and \_\_\_\_\_.

Restoration ideally happens when there has been \_\_\_\_\_, repentance, restitution (if possible), appropriate \_\_\_\_\_ setting and \_\_\_\_\_.

Trust building takes \_\_\_\_\_.

## Discussion Questions:

1. What did you notice this past week as you did your homework of writing a letter to your offender?
2. Keeping the characteristics of repentance in mind, how well have any of your offenders repented? How well have you repented of any offenses?
3. Have you ever seen restitution? What did it look like?
4. On a scale of 0-10, (0 being not at all, 10 being boundaries all the time) how well do you set and maintain boundaries? Why might it not be healthy to be a 10 on this scale?
5. Thinking about the house of your heart, have you allowed people to be in rooms that are inappropriate for the level of earned trust? What can you do to move them into the appropriate room?
6. Have you ever thought about the fact that God doesn't command us to trust another human? How does this thought make you feel? Have you trusted blindly or felt the pressure to trust in the past? What has been the result?
7. Think about someone you have difficulty trusting. In Brene Brown's Anatomy of Trust, which part of trust is lacking in your relationship with this person?
8. Have you experienced restoration of a relationship? What happened to help restore the relationship? What's your next step to work towards restoring another relationship?