



CHURCH COMMUNICATION NETWORK
HOMEWORD MARRIAGE AND FAMILY SERIES

Finding Intimacy through Forgiveness

Steps to Forgiveness and Healing a Relationship

Featuring

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and Creating an Intimate Marriage*

Visit CCN on the web at www.ccn.tv

Introduction

We have the right motives when it comes to intimacy, but we call the wrong number

Forgiveness is the strongest element to transform a broken relationship

It's hard: there's offense in grace

*Be kind and loving to each other,
and forgive each other just as God
forgave you in Christ.
—Ephesians 4:32*

I. Live like you are forgiven: you are!

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

—1 John 1:9

“Come now, let us argue this out,” says the LORD. “No matter how deep the stain of your sins, I can remove it. I can make you as clean as freshly fallen snow. Even if you are stained as red as crimson, I can make you as white as wool.”

—Isaiah 1:18

As high as heaven is over the earth, so strong is his love to those who fear him. And as far as sunrise is from sunset, he has separated us from our sins.

—Psalm 103:11-12

God's ways are different than our ways

If your life doesn't offer forgiveness, your life isn't all God wants you to have

II. Get out of the judgment business

Confess *your* sins

“The other person may be wrong as wrong can be, but I'll not be the judge.”

*“Do not judge others, and you will not be judged.... The standard you use in judging is the standard by which you will be judged. And why worry about a speck in your friend's eye when you have a log in your own?”
—Matthew 7:1-3*

Let God be the judge

Unforgiving people are miserable

Forgive and be set free

Forgiving doesn't mean no pain

I must accept whom God accepts

III. Forgive your spouse and find intimacy

The process

Confession

Confessing our own sins

Forgiveness

Ask forgiveness

Believe forgiveness

Repentance

In a specific situation

- What happened? _____

- How did I feel? _____

- How did I react? _____

Confession:

What was my part in the conflict? _____

Forgiveness

I forgive _____ for _____

Repentance

Here is what I will do about it: _____

Getting help is a strength

Show the forgiveness that God has shown you

Resources

Creating an Intimate Marriage

by Jim Burns

www.HomeWord.com

Confident Parenting

by Jim Burns

www.HomeWord.com

“HomeWord”

www.HomeWord.com

Resources on media and parenting plus information on Dr. Burns’s daily radio program

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