

Sermon Based Small Group Guide

March 18, 2018 sermon:

Exodus: "I'm sorry, but being sorry isn't enough"

Warm up: (15-20 minutes)

Questions for discussion:

- 1.) What is the worst "apology" you've ever received?
- 2.) Have you ever loaned something to someone and they returned it to you damaged or completely broken? How did you respond? Did they "make things right" to your satisfaction?

Digging deeper: (20-30 minutes)

1. We are called as Christians to not seek revenge but instead to extend forgiveness. In Genesis 32 & 33 we see the reconciliation of Jacob and Esau, brothers who had been estranged for years because Jacob had stolen Esau's inheritance and in response Esau made plans to kill him. Read Genesis 32:3-11 & Genesis 33:1-11, then answer the following questions:
 - What principles of asking for forgiveness or pursuing reconciliation do you see in this story?
 - What emotions do you think Jacob experienced in this process? What about Esau?
 - Why do you think it's so difficult to ask for forgiveness?
2. The last couple of weekends we've heard about the 613 laws the Israelites were given to help them to live together peacefully. While the New Testament doesn't include a detailed moral code like the Old Testament, it does include general principles for living in the family of God. Read Ephesians 4:25-32. Which of the principles of healthy relationships stands out to you the most?

Application: (5-10 minutes) In his book *The Five Languages of Apology*, author Gary Chapman suggests this miscommunication happens because people apologize in five different ways (he calls them languages). As you read his five ways below, circle the one that is most important for you to hear from someone when they've wronged you.

1. Expressing regret - "I'm sorry"
2. Accepting responsibility - "I'm wrong"
3. Making restitution - "What can I do to make it right?"
4. Genuinely repenting - "I'll try not to do that again"
5. Asking for forgiveness - "Will you please forgive me?"