

Week Nine Life's Healing Choices - Healing Choice Six - The Relationship Choice - Session Two - Grace and Truth in Relationships

*For the law was given through Moses;
grace and truth came through Jesus Christ.
John 1:17 ESV*

The Grace and Truth of Jesus



Healing Choice 6

The Relationship Choice

Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when to do so would harm them or others. (Steps 8 & 9)

- "Happy are the merciful." Matthew 5:7
- "Happy are the peacemakers." Matthew 5:9

Key points:

- ✓ An unforgiving heart results in depression, despair, and discouragement.
- ✓ We go to others and make amends. We actively pursue and seek forgiveness of those we have hurt and openly communicate forgiveness to those we have hurt. Wisdom must be used.

Grace and Truth are the _____ of the Earth

*“You are the salt of the earth,” Jesus said. “But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything”
Matthew 5:13.*



1. Jesus tells us that people who follow him should be like salt, bringing out the _____ in others and keeping the _____ in this world from becoming spoiled and rotten.
2. _____ is like sodium. Its nature is to reach out and receive. As long as grace is embracing people, it's similar to what we see in Jesus. But often in the name of grace, just about anything is accepted, including beliefs that contradict what the Scriptures reveal as the mind of God and behaviors that oppose his will.
3. _____ is more like chlorine. It's a cleansing agent, and there are times when we need to use it to “clean up” our thinking and the church's teachings. But by itself, truth can be offensive and difficult to be around — and if mishandled, truth even can be deadly.
4. If we're going to be salt, if we're going to live in relationship with others, then we need to possess both grace and truth just as Jesus did. We must have _____ for people and _____ for truth — not one

instead of the other or one more than the other, but both together in equal measure.

Acrostic for Grace

G _____ gift

So prepare your minds for service and have self-control. All of your hope should be for the gift of grace that will be yours when Jesus Christ is shown to you. (1 Peter 1:13 NCV)

R _____ by our faith

For it is by grace you have been saved, through faith—and this not from yourselves, it is a gift of God—not by works, so that no one can boast

(Ephesians 2:8–9 NIV)

A _____ by God's love

“For if you forgive men when they sin against you, your heavenly Father will also forgive you.” (Matthew 6:14 NIV)

C _____ paid the price

In Christ we are set free by the blood of his death, and so we have forgiveness of sins. How rich is God's grace, . . . (Ephesians 1:7 NCV)

E _____ gift

“And I am sure that God who began the good work within you will keep right on helping you grow in his grace until his task within you is finally finished on that day when Jesus Christ returns.” (Philippians 1:6 TLB)

Acrostic for Truth

T _____ the way of Jesus, seasoned like salt and let your words be the message others need to hear.

Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.

Colossians 4:6 ESV

R _____ and holy speech and conduct before God and others is how we communicate.

As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct.

1 Peter 1:14-15 ESV

U _____ words that lead others towards the way and life in Jesus.

Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me.

John 14:6 ESV

T _____ your words and thoughts against God's Word and let them be accurate and be Spirit inspired.

God is spirit, and those who worship him must worship in spirit and truth."

John 4:24 ESV

H _____ is a hallmark of the way we live and act no matter who we are with or the circumstances we may face in life.

Little children, let us not love in word or talk but in deed and in truth.

1 John 3:18 ESV

Homework Assignment

- 1. Read Chapter 7 of Life's healing Choices**
- 2. From the amends list and forgiveness list generated in speak write a sample paragraph for one each. Let it be full of grace and truth.**

(End of Week Nine)