



ANSWERS: Unit 4: Disciple of Christ

Live life as a disciple of Christ and intentionally make disciples for the glory of God.

Lesson 8 Forgive Yourself; Refusing to Blame God

Day One *Forgive Yourself*

1. What do you find most difficult about forgiving others and what will you do to overcome it?

Personal Answer

3) Forgive Yourself

2. Read John 8:36. What does this verse mean to you?

So if the Son sets you free, you will be free indeed. John 8:36

Personal Answer

The following is from the lesson: **Previous to being born again, a person was a slave to Satan and sin. We could not break the bonds of slavery and sin on our own. What we could not do on our own, Christ did for us. through His death and resurrection. He smashed open those cuffs of bondage and set us free.**

3. After reading the three paragraphs above, if you have been unable to forgive yourself for one or more sins, what do you think is the reason?

Personal Answer

4. What will you do in order to accept God's forgiveness in Christ and forgive yourself?

Personal Answer

5. How does Jeremiah 17:9 describe the human heart?

The heart is deceitful above all things and beyond cure. Who can understand it? Jeremiah 17:9

The heart is deceitful above all things and beyond cure.

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Read 1 John 3:19–20 and answer questions 6–7:

This is how we know that we belong to the truth and how we set our hearts at rest in his presence: ²⁰If our hearts condemn us, we know that God is greater than our hearts, and he knows everything. 1 John 3:19–20 (See also Romans 10:9–11)

Bible reference for question 6:

But what does it say? “The word is near you; it is in your mouth and in your heart,” that is, the message concerning faith that we proclaim: ⁹If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved. ¹⁰For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved. ¹¹As Scripture says, “Anyone who believes in him will never be put to shame.” Romans 10:8–11

6. How do we set our hearts at rest in God’s presence (v. 20)?

To recognize that God is greater than our hearts and He knows everything. For Christians, the truth is that Jesus Christ is Son of God and the Lord of our lives. We believe God raised Jesus from the dead. We believe this truth in our hearts and profess our faith in Christ with our mouths—thus we are saved and have no condemnation.

7. What have you done in the past when your heart condemns you?

Personal Answer

Read Romans 8:1–2 and answer questions 8–10:

Therefore, there is now no condemnation for those who are in Christ Jesus, ²because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. Romans 8:1–2

8. How much condemnation is there for those who trust in Christ Jesus (v. 1)

None

9. What have believers been set free from (v. 2)?

Believers have been set free from the law of sin and death.

10. If you have *not* been set free from condemnation from God, people, and yourself, please explain why?

Personal Answer

—End Day One—

Day Two

Restitution and Reconciliation

Read Matthew 5:23–24 and answer questions 11–15:

“Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, ²⁴leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.” Matthew 5:23–24

11. What command did Jesus give to those offering a gift when they remembered someone had something against them (v. 24)?

Leave your gift there in front of the altar. First go and be reconciled and then come and offer your gift

12. What does it mean to be reconciled (v. 24)?

Definition in lesson: Reconciliation is a change from enmity to friendship—making peace with someone. It is exchanging hostility for good relations; being restored to normal relations.

13. The offering of a gift at the altar was expressive of worshipping God. True False (Underline One)

14. How will *you* become more concerned about who you have hurt or offended rather than those who have hurt or offended you?

Personal Answer

15. How could the apostle Paul’s teaching on believers examining themselves before the Lord’s Supper relate to Jesus’ teaching in Matthew 5:23–24 (See 1 Corinthians 11:28–29)?

Bible reference for question 15:

Everyone ought to examine themselves before they eat of the bread and drink from the cup.

²⁹ *For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves.* 1 Corinthians 11:28–29

Paul’s teaching could also refer to examining ourselves to see if someone has something against us. Are we careful to treat others like Christ commanded? If, after examination, we realize someone has something against us, we should seek to be reconciled. Perhaps we should not partake in the Lord’s Supper until we have tried to make amends. Discerning the body of Christ includes trusting Him and following Him.

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16. Read Luke 19:18. When Zacchaeus turned from his sin to follow Christ, what restitution did he plan?

But Zacchaeus stood up and said to the Lord, “Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount.” Luke 19:8

To give half of his possessions to the poor, and to anyone he had cheated he was to pay back four times the amount.

Action Step

17. Prayerfully consider and make a list of anyone with whom you need to make restitution. How will you proceed?

Personal Answer

18. Do you think putting yourself first by justifying and mitigating (lessening) your own sinful actions and condemning and magnifying others’ sins is something you need to work on? If so, what will you do about it?

Personal Answer

19. Share a time when you tried to reconcile but the person was not willing?

Personal Answer

Read Matthew 18:15–17 and answer questions 20–22:

“If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over. ¹⁶But if they will not listen, take one or two others along, so that ‘every matter may be established by the testimony of two or three witnesses.’ ¹⁷If they still refuse to listen, tell it to the church; and if they refuse to listen even to the church, treat them as you would a pagan or a tax collector.” Matthew 18:15–17

20. What is the first thing you should do if you discover a Christian engaging in sin or if someone has sinned against you (v. 15)?

Point out their fault, just between the two of you.

21. What is the second thing you should do after witnessing another Christian engaging in sin or if someone has sinned against you and they will not listen (v. 16)?

Take one or two others along, so that ‘every matter may be established by the testimony of two or three witnesses.

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22. If the sinning person is a Christian what is the third and fourth thing Jesus instructs (v. 17)?

Tell it to the church; and if they refuse to listen even to the church, treat them as you would a pagan or a tax collector.

Action Steps

23. Prayerfully consider and make a list of anyone that you need to be reconciled with and pray the following prayer.

Personal Answer

Merciful Father, forgive me for harboring grudges, saying unkind things, and being insensitive to the hurt I have caused to others. I forgive any who have hurt me and give up any claim against them. I also forgive my brothers and sisters in Christ who have harmed me and pledge to live with them in your kingdom in a way that reflects your mercy and grace. In Jesus' name, I pray. Amen.¹

—End Day Two—

¹ <https://www.heartlight.org/wjd/matthew/0222-wjd.html>>(accessed 6/14/2023)

Day Three

Lessons from Job

24. Read 2 Corinthians 5:18–19 and Romans 5:10–11. God reconciled us to Himself through Christ and gave us the ministry of reconciliation. What is our ministry of reconciliation and why do you think it would include being reconciled to our neighbor?

All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: ¹⁹that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation.

2 Corinthians 5:18–19

For if, while we were God's enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life! ¹¹Not only is this so, but we also boast in God through our Lord Jesus Christ, through whom we have now received reconciliation. Romans 5:10–11

Personal answer, but we have been reconciled with God and He expects us help other people to be reconciled to Him through Christ. It follows that in our ministry of reconciliation, God expects us to make peace with everyone as far as it depends on us (Romans 12:18). Jesus *will* help us. (Answer is from the lesson.)

4) Refusing to Blame God

25. Why do some people, Christians and non-Christians, blame God for the hurtful actions they experience at the hands of others?

Because they believe God could have prevented the hurtful actions they have experienced.

Read Job 1:9–11 and answer questions 26–28:

"Does Job fear God for nothing?" Satan replied. ¹⁰"Have you not put a hedge around him and his household and everything he has? You have blessed the work of his hands, so that his flocks and herds are spread throughout the land. ¹¹But now stretch out your hand and strike everything he has, and he will surely curse you to your face." Job 1:9–11

26. According to Satan, why did Job fear God (v. 10)?

Because God had put a hedge of protection around Job and his household and everything he had. God blessed Job's work so that his flocks and herds were spread throughout the land.

27. According to Satan, what would happen if God took away everything Job had (v. 11)?

Satan says that Job would curse God.

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28. What was Satan implying about human nature?

Humanity only loves God (and others) for what He (they) can do for them. Human beings' love is tainted and will fail in the face of adversity or negativity.

29. What have you learned or have been reminded of from the above discussion of Job?

Personal Answer

Read Job 38:1–4 and answer questions 30–32:

Then the LORD spoke to Job out of the storm. He said: ² “Who is this that obscures my plans with words without knowledge? ³Brace yourself like a man; I will question you, and you shall answer me. ⁴ “Where were you when I laid the earth’s foundation? Tell me, if you understand.”
Job 38:1-4

30. How did the Lord answer Job (vv. 2–4)?

The Lord questions Job on his understanding of His plans, intelligence, and creation.

31. Can humans understand God and how He created the world (v. 4)? Yes No (Underline One)

32. Did God address Job’s suffering or questions about divine justice? Yes No (Underline One)

—End Day Three—

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Day Four ***Blaming God***

33. Can you share a time of tragedy when you were able to trust God and grow closer to God?

Personal Answer

Read Luke. 13:1–5 and answer questions 34–35:

Now there were some present at that time who told Jesus about the Galileans whose blood Pilate had mixed with their sacrifices. ² Jesus answered, “Do you think that these Galileans were worse sinners than all the other Galileans because they suffered this way? ³ I tell you, no! But unless you repent, you too will all perish. ⁴ Or those eighteen who died when the tower in Siloam fell on them—do you think they were more guilty than all the others living in Jerusalem? ⁵ I tell you, no! But unless you repent, you too will all perish.” Luke. 13:1–5

34. Pilate killed Galileans and eighteen people died when a tower fell on them. Were they more guilty than those living around them? Yes No (Underline One)

35. What is the point Jesus is making that we should take to heart (v. 5)?

Everyone should take heed of suffering and death for the purpose of repenting and turning to God.

Four Ways God uses Suffering

(1) God uses suffering to draw people to Himself.

Read Amos 4:6–9 and answer questions 36–39:

“I gave you empty stomachs in every city and lack of bread in every town, yet you have not returned to me,” declares the LORD. ⁷ “I also withheld rain from you when the harvest was still three months away. I sent rain on one town, but withheld it from another. One field had rain; another had none and dried up. ⁸ People staggered from town to town for water but did not get enough to drink, yet you have not returned to me,” declares the LORD. ⁹ “Many times I struck your gardens and vineyards, destroying them with blight and mildew. Locusts devoured your fig and olive trees, yet you have not returned to me,” declares the LORD. Amos 4:6–9

36. What are things God did to get the Israelites’ attention so they would seek Him (vv. 6–9)?

God caused the Israelites to go hungry, withheld rain from their harvest, lack of water in various towns, destroyed gardens and vineyards, and send locust to devour fig and olive trees.

37. Even through their hunger and thirst, did the Israelites return to the Lord (v. 9b)? Yes No (Underline One)

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38. How does knowing the Lord uses suffering to draw people to Himself change your perspective on pain and loss?

Personal answer, but this should cause us to seek the Lord earnestly to see if we have strayed and God is trying to get our attention. Or we can also consider God is trying to deepen our relationship with Him even more.

39. Has there been a time in your life that you were far from the Lord, tragedy struck, and you earnestly sought Him?

Personal Answer

(2) God uses suffering to discipline His children (believers).

Read Hebrews 12:5–12 and answer questions 40–47:

And have you completely forgotten this word of encouragement that addresses you as a father addresses his son? It says, “My son, do not make light of the Lord’s discipline, and do not lose heart when he rebukes you, ⁶ because the Lord disciplines the one he loves, and he chastens everyone he accepts as his son.” ⁷ Endure hardship as discipline; God is treating you as his children. For what children are not disciplined by their father? ⁸ If you are not disciplined—and everyone undergoes discipline—then you are not legitimate, not true sons and daughters at all. ⁹ Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of spirits and live! ¹⁰ They disciplined us for a little while as they thought best; but God disciplines us for our good, in order that we may share in his holiness. ¹¹ No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

¹² Therefore, strengthen your feeble arms and weak knees. Hebrews 12:5–12
(See also Deuteronomy 8:5; 2 Samuel 7:14; Proverbs 3:11–12)

Bible references cited with Hebrews 12:5–12 above:

Know then in your heart that as a man disciplines his son, so the LORD your God disciplines you. Deuteronomy 8:5

I will be his father, and he will be my son. When he does wrong, I will punish him with a rod wielded by men, with floggings inflicted by human hands. 2 Samuel 7:14

My son, do not despise the LORD's discipline, and do not resent his rebuke, ¹² because the LORD disciplines those he loves, as a father the son he delights in. Proverbs 3:11–12

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40. What is the word of encouragement that addresses you [believers], as a father addresses his son or children (vv. 4–6)?

Be encouraged because the Lord disciplines the one He loves, and He chastens everyone he accepts as his son.

41. Why might you lose heart (give up; lose courage) when the Lord rebukes and chastens you?

Personal answer, but we might think God does not love us or being unduly harsh. We might also feel rejected or hurt and be anxious for our discipline to end. Sometimes we do not recognize we are being disciplined by the Lord and that may cause us to lose heart.

42. State the reason the author of Hebrews gives for not making light (regarding as little value) and not losing heart when the Lord disciplines, rebukes, and chastens you (v. 6)?

Because the Lord disciplines the one He loves, and He chastens everyone he accepts as his son.

43. What are we to remember as we endure (persevere, continue firm) through the hardship of divine discipline (v. 7)?

God is treating you as his children. Good fathers discipline their children.

44. Why does God discipline believers (v. 10b)?

God disciplines believers for their good, in order that they may share in his holiness.

45. Fill in the blanks. *No discipline seems ___pleasant___ at the time, but ___painful___* (v. 11a).

46. What does painful discipline produce for those trained by it (v. 11b)?

It produces a harvest of righteousness and peace for those who have been trained by it.

47. In verse 12, the author of Hebrews uses the imagery of strengthening body limbs (hands\arms and knees) to command believers to be strong and steadfast in their faith in light of the previous instruction. How do you strengthen your faith when faced with hardship or discipline?

Personal Answer

—End Day Four—

Day Five
Spiritual Gain

(3) God uses suffering for testing and our spiritual gain.

Read 1 Peter 4:12–13 and answer questions 48–50:

Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you. ¹³ But rejoice inasmuch as you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed. 1 Peter 4:12–13

48. Should we expect to be tested (v. 12)? Yes No (Underline One)

49. Read 1 Peter 4:12–13. Why should we rejoice when fiery ordeals come on us (v. 13)?

Because we participate in the sufferings of Christ and will be filled with joy when His glory is revealed.

50. If you have been tested through suffering, please share?

Personal Answer

Read Isaiah 53:3–5 and answer questions 51–52:

He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces he was despised, and we held him in low esteem. ⁴ Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. ⁵ But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. Isaiah 53:3–5

51. Who is Isaiah prophesying about?

Jesus—His suffering and death for the world's sins.

52. Why do you think Jesus is called the suffering servant?

Jesus served God and humanity by taking our place on the cross. He accepted horrific punishment for the sins of the world. Hence, suffering servant. As the suffering servant, Jesus secured heaven for those who trust in Him.

(4) God uses suffering to glorify Himself.

Read John 9:1–3 and answer questions 53–55:

As he went along, he saw a man blind from birth. ² His disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?” ³ “Neither this man nor his parents sinned,” said Jesus, “but this happened so that the works of God might be displayed in him. John 9:1–3

53. Regarding the man blind from birth, who sinned, the man or his parents (v. 3a)?

Neither

54. Why was the man born blind (v. 3b)?

So that the works of God might be displayed in him—to glorify God.

55. How would it help overcome our pain and suffering by focusing on glorifying God?

Personal answer, but knowing our pain and suffering is for a greater purpose can encourage and strengthen our faith and resolve. Our pain and suffering can be used to glorify God—both now and eternally.

Read John 17:1–5 and answer questions 56–60:

After Jesus said this, he looked toward heaven and prayed: “Father, the hour has come. Glorify your Son, that your Son may glorify you. ² For you granted him authority over all people that he might give eternal life to all those you have given him. ³ Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent. ⁴ I have brought you glory on earth by finishing the work you gave me to do. ⁵ And now, Father, glorify me in your presence with the glory I had with you before the world began.” John 17:1–5

56. What is the hour that has come (v. 1)?

The time of Jesus’ crucifixion.

57. How did God the Father glorify the Son and how did Jesus glorify God (vv. 2–4)?

God the Father glorified the Son by granting Him authority over all people and sending Jesus to give eternal life. Jesus glorified the Father by finishing the work the Father had given Him to do.

58. What is eternal life (v. 3)?

Eternal life is when people know the only true God, and Jesus Christ, whom He has sent

59. Did God the Son exist before the world was created (v. 5)? Yes No (Underline One)

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60. Was God the Son glorified with the God the Father before the world began? Yes No
(Underline One)

Action Steps

61. How have you make God known lately?

Personal Answer

62. Like Jesus, will you glorify God by completing the work He has given you to do (John 17:4)? Yes No (Underline One)

Personal Answer

63. If you answered yes to #62, ask God if your work is currently in His will or are there other things you should be doing.

Personal Answer

64. If you answered no to #62, please explain your answer.

Personal Answer

65. Read 1 Peter 4:19. What is the apostle Peter's advice for those who suffer according to God's will?

So then, those who suffer according to God's will should commit themselves to their faithful Creator and continue to do good. 1 Peter 4:19

They should commit themselves to their faithful Creator and continue to do good.

—End of Day Five and Lesson 8—

Next—Lesson 9: Worship in Christ, Unit 4: Disciple of Christ

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