

MARRIAGE EXERCISE #10 - FORGIVENESS

FORGIVE YOUR WIFE

Rationale

This month, we're going to spend some time thinking about our history with our wives. Sometime, somewhere, there's something she did . . . something she said you never quite understood. It might have been something she did early in your marriage, or even before you were married. It might be a comment you heard her make about you to her mother or to a friend. You don't really hold it against her (or you don't think you do), but you've never forgotten about it. It's still cycling in the back of your mind. We're going to work on forgiving that thing.

Challenge Assignment

What's that one thing you haven't forgiven? That you don't understand? Choose to forgive it and let it go forever. 1 Corinthians 13:5 says love "keeps no record of wrongs." Claim that and ask God to help you let go of that thing you've held on to.

If this is something your wife knows about and it will help your marriage to tell her you've finally forgiven it, tell her. But if it's just been in your mind and if talking about it will only open old wounds, don't. The important thing is to clear the slate in your mind and heart, the way God has cleared the slate in His relationship with you.

Debrief

Start a conversation about the forgive your wife exercise. The premise was that sometime, somewhere, there's something she did . . . something she said you never quite understood. It might have been something she did early in your marriage, or even before you were married.

Share your forgiveness issue and encourage the other guys to share theirs, so long as it doesn't divulge any of your wife's secrets, share with the group what the issue was and what happened when you identified it and forgave it.