

## RECAP

Check in with each other.

**How has God been prompting you to seek reconciliation?  
What are some action steps that you have been taking?**

## IDEA 1

Together, read 1 Peter 3:9

*Don't repay evil for evil.*

*Don't retaliate with insults when people insult you.*

*Instead, pay them back with a blessing.*

*That is what God has called you to do..."*

1 Peter 3:9.

**Take one phrase at a time and chew on it together. Pray through it together.  
Discuss the ways that this Scripture brings challenge and conviction.**

## IDEA 2

Review the ways that we sit in God's chair:

- Assuming that you can be your own moral authority
- When I let people look to me to meet their deepest needs
- When I give in to inordinate worry and anxiety
- When I sit in God's chair and hold a grudge

**As you talk through each one, encourage each other to think of specific ways that you tend to do this. Let this conversation be a time of confession with each other and before God.**

## SPIRITUAL PRACTICE

Here are two of the reasons that only God can sit in His chair as Judge:

- Only God has the knowledge to judge.
- Only God has the power to judge without becoming evil Himself.

**Together, think of examples from both Scripture and from your life experience where you have experienced these things to be true about God. As you share these things, turn them to prayers of praise and declaration. Use this prompt to get you started.**

*God, you alone can judge because\_\_\_\_\_.*

## APPLICATION

Instead of continuing to carry resentment, holding grudges, and punishing others, bring your hurt and pain to God. As a way to process and pray about someone who has hurt or angered you, bring it God by writing your own Psalm. You can use this simple format:

God, I feel...

But, you are...

So, I will...