



Judges Series Study Sheet

Week 10—June 23

Message Title: God's Healing Grace

Text: Judges 11

Read the description of Jephthah's family background in Judges 11:1-3. If you didn't know the rest of the story, how would you expect somebody with this family background to turn out? What issues would they probably struggle with?

Reuben described Jephthah's background as being characterised by *dys-grace*—a lack of unconditional love and acceptance from others. Have you experienced *dys-grace* in your life? Talk about your experience of *dys-grace* as it relates to the following areas:

- Family
- Social/ school
- Church
- Other?

What effect has *dys-grace* had on you personally? How does the pain of your past affect you in the present?

How did Jephthah's turbulent family background affect him? (v9-10; v30-40).

Reuben mentioned four common patterns of *dys-grace* in our lives. Can you see any of these patterns at work in your life:

- **The dominator:** uses power to assert themselves over other people.
- **The perfectionist:** sets impossible standards for themselves.
- **The recluse:** withdraws from others in order to become emotionally independent.
- **The people-pleaser:** addicted to the approval of other people.

Are there other patterns of *dys-grace* in your life, besides those mentioned above?

Whereas Jephthah sacrificed his only child in a tragic act of dys-grace, God sacrificed his only child in a redemptive act of grace. Jesus came to heal our dys-grace by extending God's unconditional grace to us.

How does God's unconditional love work against the power of *dys-grace* in our lives?

How can you practically allow God's grace to heal the *dys-grace* you have experienced (or are currently experiencing)?

Talk about how the following things may be able to help in your journey of healing grace

- Scripture
- Community
- Counselling

What steps can you take to internalise God's grace more deeply, beyond merely an intellectual level?