**EXTRA! Ideas for Adults – Greatest Truths – Greatest Need**

**EXTRA supports the group plans in the Bible Studies for Life leader guides.**

**Date:** September 14, 2025

**The Greatest Need**

**The Point: Only Jesus can take care of our need for forgiveness.**

**Get Into the Study**

*Read after Question #1: “What are some situations when DIY simply won’t cut it?”*

When it comes to DIY, one of the most difficult renovations is for a struggling marriage. It is almost impossible to fix a relationship without some kind of professional help. In an insightful interview, Candace Cameron Bure talks about how her parents almost divorced when she was a child.

“12-year-old Candace couldn’t imagine how her parents could reconcile when they were so close to divorce. But God did!! And in restoring their marriage, He also restored the health of our whole family.”

Through marriage counseling, their counselor that suggested they go to church and it led them to true reconciliation—it led them to Jesus Himself. Jesus is THE professional for everything that we might go through. Only Jesus can take care of our need for forgiveness.

[**Candace Cameron Bure Found God Amid Parents’ Marriage lssues**](https://www.movieguide.org/news-articles/candace-cameron-bure-found-god-amid-parents-marriage-issues.html)

**Study the Bible (Option for Adult Leader Guide)**

In advance, play a [video clip](https://www.youtube.com/watch?v=OkWzGTLgfTs&t=3s&ab_channel=Movieclips) of someone experiencing forgiveness. Make clear that God’s forgiveness is the clearest and best example of true forgiveness. Invite anyone who has accepted God’s forgiveness to let you know about it at the end of this session.

**Live It Out**

*Under “Live it Out,” before TRANSITION, read the following….*

Psychology and modern medical advancements tell us that forgiveness is not just a “good” thing, but it has good health benefits as well.

Michelle Quirk of *Psychology Today* says that, in a study conducted at Luther College, forgiveness is directly associated with lower mortality rates. “People who practiced forgiveness tended to live longer, healthier lives because forgiveness reduced strain on the body and mind.”

The article goes on to present several ways to forgive others—it’s a personal journey. To begin the journey of forgiveness:

* Acknowledge your feelings.
* Shift the focus to yourself.
* Practice empathy.
* Take action consistently.
* Forgive yourself.
* Start small.

While these are great suggestions, true forgiveness can only happen with a relationship with Jesus Christ.

(TRANSITION) For only Jesus can take care of our need for forgiveness.

[The Science of Forgiveness: How Letting Go Heals You | Psychology Today](https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/202504/the-science-of-forgiveness-how-letting-go-heals-you)

**Additional Questions**

**Icebreaker**

* When is DIY a great idea and when is it a terrible idea?
* What are situations when DIY simply will not cut it?
* What’s the biggest favor someone has ever done for you?

**Luke 5: 17-19**

* How were you brought to Jesus?
* In what ways has Jesus met physical needs in your life (food, clothes, home, etc.)?
* When was a time that you’ve seen your life changed through the faithfulness of others?

**Luke 5:20-21**

* Why might people today get upset when the issue of forgiveness is addressed?
* How did you come to realize your need for God’s forgiveness?
* How does a person’s faith impact others around them?

**Luke 5:22-26**

* In healing the man, what message did Jesus convey about His identity and authority?
* What is evidence in your life that Jesus has forgiven your sins?
* Why is it important to know that Jesus has the authority to forgive sins?