



simplify.

FORGIVING

This message teaches us how to unclutter our souls through forgiveness.

OPENING QUESTIONS - Use this these question to connect with others in your group:

How do you usually handle conflict? Do you tend to confront, avoid, ignore, or another strategy?

KEY POINTS - take a minute to review the key points from this weekend's message

- Anger, hurt, and bitterness take away from our abilities to experience happiness and enjoy meaningful relationships with others.
- Forgiveness is NOT:
 - Excusing or diminishing the wrong
 - Always Reconciling (that takes two people but forgiveness only one)
 - Forgetting (God doesn't forget our sins, but that doesn't prevent us from having a relationship with Him)
- Forgiveness means to cancel the debt and remove control of the other person over your life
- Forgiveness is the CHOICE to cancel a debt!
- How do we cancel debt and forgive?
 - Acknowledge the debt
 - Bring God into the equation (He forgave us first)
 - Cancel the debt

SCRIPTURES USED IN THIS MESSAGE: Ephesians 4:31-32, Matthew 18:21-30, Hebrews 8:12, Genesis 8:1, Proverbs 25:21, Luke 23:33-34

RESPOND

Talk about a thought, phrase, or moment from this weekend's message that stuck with you. Give a brief reason for why these things stuck with you.

Think about a time you held a grudge. What did (or does) it feel like?

Have you ever *thought* you had forgiven someone but found the feelings bubbling up again? How could you bring God into the equation of forgiving that person?

Read Ephesians 4:31-32 – What would be different about your life if you were able to release bitterness and anger to God?

Have you ever been directly forgiven by someone *you* had wronged? Talk about that experience.

Read Matthew 6:33 - God gives us an Invitation into a new kind of life. Less stress, less overwhelmed, less hurried. What does it look like to seek God's kingdom and righteous first? How have you put this verse into practice in your own life?

APPLY

Talk about your "You owe me" card (if you feel comfortable):

1. Who wronged you and what did they do? (Substitute a different name if you'd like)
2. How will you bring God into the equation?
3. What positive action steps might you take to cancel that debt?

PRAY