

Week 3 - Forgiving Those Who Have Hurt You

GETTING
PAST
YOUR
PAST

LifeGroup Discussion Guide

How to use This Guide:

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with the discussion questions, add any optional scriptures and questions if needed, and then wrap up by deciding on your next steps.

Discussion Questions:

- What was one of the worst things you did as a child that you asked forgiveness for? What did you learn from your experience?

With your Bible or YouVersion, read Hebrews 12:15, Matthew 6:14-15 and Matthew 18:21-35.

- These passages show us why we should forgive those who hurt us.
- Why is it so difficult to forgive those who have severely hurt us?
- How have you seen unforgiveness and bitterness hurt you?
- When you think about the people you need to forgive, who comes to mind? What is keeping you from forgiving this person?
- What can the forgiveness we have received from God teach us about forgiving those who hurt us?

Read Matthew 5:43-44 and Colossians 3:13. These verses demonstrate how to forgive those who hurt us.

- Why is prayer such a vital part of forgiving others?
- How have you been set free by the power of God's forgiveness?
- How different would your life and your relationship with Christ be if you removed all bitterness from your heart by forgiving those who have hurt you?
- What specific steps do you need to take immediately in order to forgive someone who has wronged you?
- **What was your biggest take-away from the weekend message?**
- **What did God say to you today through His Word? And what are you going to do about it!**

Next Steps

Here are some specific things you can do this week that will help you overcome bitterness and embrace the power of forgiveness:

Because forgiveness is such a fundamental part of our relationship with Christ, the Bible has much to say about the dangers of bitterness and the delivering power of forgiveness. During your time with God this week, read the following passages and allow God's Word to deliver you from your bitterness and embrace forgiveness: Matthew 18:21-35, Mark 11:25, Job 5:2, Luke 6:28, Ephesians 4:32, Romans 12:17-21, 1 John 1:9 and Romans 8:1.

If there is someone in your life who you need to forgive, take the next steps toward forgiving that person this week. Follow the Biblical principles that were discussed in Sunday's message on how to forgive others by first praying for that person and then forgiving that person in the same way God forgave you.

5 Day Devotional

1. Thank God for the power of His forgiveness in your life. Tell Him how it has changed you.
2. Pray for those you need to forgive. Ask God to help you as you begin the process of forgiveness.
3. Ask God to help you remove the stains on your heart that have been created by your bitterness.
4. Tell God the things that are holding you back from forgiving others. Ask Him to help you remove these things.
5. Confess your sins and ask God for His forgiveness in cleansing you of your sins.