



USE THESE QUESTIONS AND RESOURCES TO HELP YOU PROCESS THE MESSAGE DURING YOUR STUDY TIME OR WITH YOUR GROUP.

Message Recap: What do we do when someone hurts us or when we hurt others? Do we easily forgive or hold on to unforgiveness? It has been said that forgiveness is a force that frees you, while unforgiveness can quietly consume you from the core.

» Main Points

- Forgiveness is a decision and a process
- Forgiveness flows from the Father
- How much freedom do you desire?

» Getting Started

- How willing are you to offer forgiveness to someone who has hurt or wronged you? What prevents you from forgiving others?

» Observation

- Read and reflect on [Matthew 5:43-47; 6:14-15; Luke 11:4; 2 Corinthians 5:17; Colossians 1:13-15; Psalm 103:12; John 20:24-29](#)
- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses?



reachout

- In this series, we've seen how conflict and not communicating can mess up relationships. Who are the people in your life to whom you need to offer forgiveness? Family members, friends, neighbors, co-workers? Reaching out to people and trying to help them see that following Jesus makes life better is so much easier in relationships, so let's continue to get better.



growdeep

- Read [1 John 4:19-21](#). Loving God and loving others are connected. What happens in your relationship with God when you refuse to love others?
- Which area will be more difficult for you to practice: Forgiveness is a decision and a process, or Forgiveness flows from the Father? How will you stretch yourself this week to work on one of these?
- When it comes to forgiveness and reconciliation, how do you balance the need to address issues and the call to extend grace and understanding, especially in hurtful situations?



partner
with families

- Kids have conflict; it's just a part of being a kid. Ask your kid(s) this week who they have conflict with. Let them discuss the situation and how it made them feel, then devise a forgiveness plan. Depending on your kid, this could be difficult. Reflect on your kids to help them learn that freedom comes with forgiveness.

» Next Steps and Prayer

- Set aside time this week to consider these questions:
 - The question isn't: How much forgiveness do they deserve?
 - The question is: How much freedom do you desire?
 - Because the limit to which you refuse to forgive is the limit to which you choose to be free.
- Close by saying these words: Father, just as you have forgiven me, I forgive _____.