



Small Group Discussion

The Week of:

Nov. 20, 2024

What's your life like:

Create a GZ super hero! What is their name and what super powers do they have?

What are we talking about this week:

Main Point of Message

- You can forgive yourself because God has forgiven you through Jesus Christ.

Bible Verses

- Ephesians 4:31-32, Psalm 32:5, Psalm 103:12

Discussion Questions

1. Why is it sometimes harder to forgive ourselves than it is to forgive others?
2. Why is it our tendency to hide our mistakes?
3. Have you ever felt like you couldn't move past something that you did? What helped?
4. What does it look like to bring your mistakes to God like David did in Psalm 32?
5. Why do you think God forgives us so completely like it says in psalm 103:12?
6. Is there any mistake you need to quit holding onto from your past? (Consider making this a moment of reflection if the group doesn't want to share these things out loud)

Now what:

Memorize Psalm 32:5 and Psalm 103:12 this week! Each time you feel weighed down by guilt, repeat it to remind yourself of how completely God forgives so you can also forgive yourself.