

CTRL-ALT-DELTE
Part 3: Antidote

Objective: To encourage us to make the difficult choice to forgive those who have hurt us so that our relationships are not poisoned by anger and bitterness.

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:31-32

Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?”

22 Jesus answered, “I tell you, not seven times, but seventy-seven times.

Matthew 18:21-22

- Why do you think we have such a hard time letting go of past hurts? Think about your own past hurts; do you want to let them go or do you want to hang on to them?
- Can you think of an example where anger and bitterness poisoned a relationship? If you are comfortable, share some of that story with the group.
- Do you think a misunderstanding of what forgiveness is and is not has made it hard for you (or someone you know) to offer forgiveness for past hurts?
- The pastor said that forgiveness is the decision to cancel the debt owed to you by someone else. Does that definition change the way you view forgiveness? Does it make it easier or harder for you to forgive past hurts?
- How would your relationships be different if you were were set free from anger and bitterness over past hurts?

Consider this week:

- Are you being poisoned by anger and/or bitterness over past hurts? Which action(s) are you willing to take this week to begin taking the antidote?
 - Identify who you're angry with
 - Determine what they owe you
 - Cancel the debt
 - Close the case

Final Thought: When I choose to forgive others, I take the antidote to the poison of anger and bitterness and ALL of my relationships are better for it.

