

## Epic Fail part 3. “Releasing”.

*Ephesians 4:20-32, Colossians 3:13*

1. Have you ever wronged someone accidentally or on purpose, then owned your actions and asked that person for forgiveness? What do you think taking responsibility for your actions did for that person? What did that do for you?
2. Talk about a time when you’ve seen a person unable to get past a wrong done to him or her by someone else. In what ways did that person’s inability to move on affect him or her?
3. *Read Ephesians 4:26.*, Do you tend to resolve your anger quickly or do you have trouble letting it go? How does that affect your relationships? How do you think it affects your life?
4. During the message, Rick asked, “*How long do you intend to allow the people who hurt you to impact you?*” Talk about a time when you’ve given someone power in your life by holding a grudge against him or her (even if that grudge was warranted by what that person did to you). How did it negatively affect you?
5. What are some obstacles to deciding not to drag the wrongs others have done to you into your future? What would need to happen for you to overcome those obstacles?
6. Who is one person you need to forgive—not necessarily for his or her benefit but for your future? What can you do this week to take a step toward forgiving? How can this group support you?