



# CANCELLED

JESUS' ALTERNATIVE TO OUR POLARIZED WORLD.

## CANCELLED, PART 3: WHY WE CANCEL OTHERS

It's hard to treat people with love and respect on a regular basis, especially in today's culture of trolling, roasting, and cancelling. When we've been mistreated, it may feel more appropriate to punish, ignore, or just avoid the other person.

Perhaps you've been hurt, cheated, or victimized by someone in your life. Surely you aren't expected just to treat that person with love and ignore what they did, are you? At the very least they owe you an apology first, right? Sure, you'd love to be free from the burden of anger, but how do you reconcile God's idealistic standards with the cold, harsh realities you've experienced?

At the heart of forgiveness is a concept that brings a whole new perspective to the pain of your past. Forgiveness is not about forgiving and forgetting, but about deciding and remembering.

**BIG IDEA: We cancel others because we forget that God cancelled our debt.**

### DISCUSSION QUESTIONS

1. Have you ever been forgiven? Describe a time when you deserved to have the book thrown at you, but someone let you off scot-free instead.
2. *With your Bible or YouVersion, read Ephesians 4:31-32.*

*<sup>31</sup> Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of malicious behavior. <sup>32</sup> Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.*  
*Ephesians 4:31-32 (NLT)*

3. Why is it so hard to get rid of anger?
4. Why is it so important?
5. Have you ever seen anyone self-destruct because of anger? Describe.
6. Who are some of the people who owe you because they have "stolen" something from you? Explain.
7. Does anger have any "hooks" in you today?
8. What steps would you have to take to rid yourself of ALL anger, as Paul described?"
9. This week, start a list of things that have been taken from you. For each person with whom you are tempted to hold a grudge, define exactly what they owe you.

### MOVING FORWARD

What did you owe God as a result of your sin? Why? How does God's forgiveness impact your ability to forgive others?

### CHANGING YOUR MIND

*Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.*  
*Ephesians 4:32 (NLT)*