

- 1) Take some time to discuss how your IC has been and will live out the Kingdom of Jesus together.
 - In what ways have we been living like family recently? How will we live out our family identity in the coming week?
 - How have we lived as servants to one another or to our world this past week? What needs or opportunities to serve is God is asking us to lean into?
 - How have we lived on mission where we live, work, play, or went this past week? Who do we know that needs to hear the good news of Jesus?
2. What about Kevin's story most resonated with you? Can you identify a thematic pattern of struggle in your life that has been hard to overcome? (ie. Fear, Identity, Rejection, Disappointment, Trust, etc.)
3. As you look at the things that describe the path of pleasing God and trusting God, which one have you been walking on most often?
4. Think about a past or current relationship that has caused hurt and pain in your life. Share with the group about what has made it so hard for you to forgive.
5. Read Matthew 6:15. How serious is God about unforgiveness? Why do you think that is and what are the implications if we take this verse seriously?
6. As you look through the order of forgiveness what is the most challenging step for you?
7. Talk about a time that you were able to Extend God's love because you first embraced it. Why is it so important for us to show God's love to others? Read and prayer through Ephesians 4:20-32 keying in on v. 32.
8. What action step is God asking you to take today?

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SEQUOIA NOTES

Today's Sequoia @10:10 Message

Giving Love Away

With Kevin Cuz - Athletes in Action, National Campus Director
April 2, 2017



FEAR, REJECTION and DISTRUST can lead us into UNFORGIVENESS.

Big Idea: We must EMBRACE love before we can EXTEND it.

The Cure by Lynch, McNicol and Thrall

The path of PLEASING God.

- **Striving Hard to Be All God Wants Me to Be.**
- **Opening the door of Self-Effort.**
- **The Room of Good intentions.**
- **Working on my sin to achieve an intimate relationship with God.**
- **More right behaviour + Less wrong behaviour = Godliness.**

Hebrews 4:15-16 15 (NLT) "For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. 16 Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

The path of TRUSTING God.

- **Living Out of Who God Says I Am.**
- **Opening the door of Humility.**
- **Standing with God, my sin in front of us, working on it together.**
- **The Room of Grace.**

"In the final analysis, forgiveness is an act of faith. By forgiving another, I am trusting that God is a better justice-maker than I am. By forgiving, I release my own right to get even and leave all issues of fairness for God to work out. I leave in God's hands the scales that must balance justice and mercy." Philip Yancey

The Order of Forgiveness - The Cure

1. **Admit something happened.**
2. **Get in touch with the consequences of the act done against me.**
3. **Tell God what happened to me.**
4. **Forgive the offender, for my benefit.**
5. **Tell the offender I've forgiven him or her when he or she repents, for his/her sake.**
6. **Distinguish between forgiving and trusting my offender.**
7. **Seek reconciliation, not just conflict resolution.**

The Translation of the Bible Scriptures used in today's 10:10 service are from the New Living Translation (NLT).