

LIFE GROUP GUIDE – Week Beginning Sunday 11th October 2026

Key Passage – Colossians 3:1-17

This Week's BIG IDEA:

Authentic forgiveness starts with knowing how fully we are loved and forgiven by Christ. Because of that, we can choose to let go of bitterness and revenge and instead put on compassion, patience, and love. Forgiveness does not always mean trust is restored or reconciliation is possible, especially where safety is at risk, but it does mean choosing not to hold on to the wrong and learning to forgive as Christ forgave us.

Fixing our eyes on God

Listen to this worship song: [Gracious - Newday Homegrown - Simon Brading](#)

Then spend some time thanking God for his grace and forgiveness towards us.

Opening God's word

Read together Colossians 3:1-17

1. When is forgiveness *inauthentic*?
2. Why do we find it so difficult to forgive?
3. *'Set your minds on things that are above, not on things that are on earth'*
How do you think this instruction from Paul relates to forgiveness?
4. Paul instructs his readers to put off their old selves like an item of clothing. Spend some time reflecting on some of the old clothing we are still wearing and that we need to throw off.
5. Two of the qualities that Paul lists as virtues which can help with forgiveness are *humility* and *meekness*. How do these two virtues help us forgive? And how does their opposite vice, *pride*, inhibit us from forgiving?
6. Why is it so important for a church community to be able to forgive each other?
7. How are Authentic Friendship and Authentic Forgiveness linked?