

HURT

Week 6- "How to be a Forgiving Person"

Christianity teaches us that there is a God that wants to engage with us and help us navigate the brokenness of this world so that the hurt we have experienced doesn't define who we are. In this week's message, we look at the idea that forgiveness is not just for past hurt but something we need because we will continue to get hurt. As much as we need the process of forgiveness, we also need to know what it takes to become a forgiving person.

1. What would it mean for your relationships for you to be generous with forgiveness?

2. Do you think it is possible to recognize when the seeds of hurt have fallen so that you can begin the process of forgiveness immediately?

3. In what ways can you tell when new seeds of hurt are beginning to germinate and take root?

## Read Matthew 18:21-35

4. What do you think it looks like to be a forgiving person?

5. Jesus is making a point in this story to say that as humans we fall short of being able to pay the debt we owe God. Do you have a hard time accepting this reality?

6. Do you strive to somehow do something in order to measure up to God? If so, what does this look like in your life?

7. If you were the servant in the story and you owed that much money how would you react to having the debt forgiven?

8. Is it hard for you to truly trust that you don't have to do anything to pay back the debt you owe God and that He compassionately forgives you?

9. Is it hard for you to let people off the hook when they hurt you?

10. Discuss this statement: "If you don't understand that you have been forgiven you will have a hard time forgiving those that hurt you."

11. If you struggle to let go of hurt with forgiveness will you take the step this week to ask yourself: do I feel forgiven? Will you take a step of trust to believe that God really did cancel your debt and that He compassionately forgives you?

When we truly understand the magnitude of God's love and forgiveness it changes our hearts in such a way that forgiveness just flows from us. A forgiving person is a forgiven person and that redefines everything. Ask yourself this week: do I feel forgiven?