



H U R T

Week 5- “Forgiveness Complete”

Christianity teaches us that God has made a way for us to heal the hurt that defines us. The only way to heal the hurt is through the process of forgiveness. In this week’s message, we look at the 2 final stages of forgiveness and the idea that the two final stages are not possible without going through stages 1-6, and that all of these stages are possible to walk through because of who Jesus is and what He has done on the cross for us.

Stages 1-6 of forgiveness:

- **Stage 1- Identify what really needs to be forgiven.**
- **Stage 2- Acknowledge my need for retribution. They owe me!**
- **Stage 3- Recognize that whatever they do to repay me, it will never be enough.**
- **Stage 4- Accept the death of Jesus as enough for the payment of the debt.**
- **Stage 5- Thank God for the payment of my sins and theirs.**
- **Stage 6- Attribute to God the debt of the offense.**

1. How have you begun to use this process to dive deep into areas where weeds of hurt have been growing in your heart?

2 Have you been able to invite someone in to walk with you through this process? How has that impacted your step to trust God with this process?

Read Colossians 2:13-14

3. Christianity teaches that God reached into the hearts of every person and took all the sin and brokenness and became that sin in order to pay the debt that was owed. Does this truth help you see the person who has hurt you differently? Why or why not?

Read Colossians 3:1-8

Paul says that if we focus on what God has done for us and rest in the truth that Christ has put His nature in us then we are no longer defined by our own mess, or the hurt others have caused us.

4. How would this change everything if you took the time daily to surrender to the truth that Christ is in you?

5. When you rest in Christ in you, you no longer have to be defined by the anger and bitterness from the hurt others have caused you. How would this impact your life in a positive way if you no longer felt angry because Jesus literally changed your heart?

6. Is it hard to surrender the anger you feel to Jesus and rest in who you are in Him? If so, why?

Read Colossians 3:12-16

7. When we surrender in trust to God we can authentically show compassion to those that hurt us because we no longer feel angry. Are you in a place where you can show compassion to someone who has hurt you or is this something that is hard to imagine?

These verses set up the last 2 stages of forgiveness:

- **Stage 7- Accept the person unconditionally.**
- **Stage 8- Seek reconciliation.**

8. When you are able to rest in what Jesus has done, you can accept the person who has hurt you unconditionally. This says that you are no longer tied to their actions and their decisions; you are tied to the God who loves you. If you could get to this stage of forgiveness what would it mean to you? If you have gotten here share how this has brought you freedom.

9. Do you believe that you can have peace in your heart even if the person never apologizes?

10. As you continue to work through the process of forgiveness will you ask God to help you seek reconciliation with the other person?

11. If reconciliation isn't possible will you rest in the truth of what Jesus has done for you and rest in the peace that can only come from Him?

The stages of forgiveness is a journey that takes time, wrestling, honesty, opening up to someone you trust, and trusting what God has done and is doing in your heart. If we walk through these stages it has the power to heal the hurt that has defined us and allow us to be who God has made us to be.