



Week 2- “Superficial Forgiveness Doesn’t Work”

Hurt lands in our hearts like seeds, and those seeds can take root and grow into weeds that choke out everything. Thankfully Jesus is the Gardener that knows our hearts and our hurt better than anyone. In this week’s message, we look at a tool that Jesus uses to help us overcome the hurt that is growing in our hearts.

1. When you get hurt what do you do to try and move past it?
2. How have you seen the hurt you’ve experienced impact your life and your relationships?
3. Can you look back on your life and see how “small hurt” can grow into big hurt and have big implications in your life?

Read Ephesians 4:31-32

4. Have you ever noticed that the hurt you experience doesn’t just stay between you and the person who hurt you, but that it impacts who you are and how you treat others? How do you think this happens?
5. I think we could all name someone we know who lives bitter because bitterness is easy to recognize in someone else. Why do you think it is so hard to recognize it in our own life?
6. Do you ever find yourself justifying the need to talk about someone who has hurt you when having a conversation with someone else? Do you find it hard to trust others who talk about other people to you?

7. Do you think it is possible to show kindness and compassion to those that have hurt you? Why is this so hard to do?

8. What emotions do you feel when you hear the word *forgiveness*?

9. Is there someone in your life that you don't want to even think about forgiving?

10. Jesus experienced pain and hurt when He died on the cross and He knows where you have experienced deep hurt. Will you take time this week with Jesus and ask yourself these questions:

- What seeds of hurt have landed on my heart?
- Where am I still angry?
- What do I need to forgive?

***Forgiveness* isn't a cliché word that we throw around when we get hurt. Paul is telling us to forgive as God forgave us. Forgiveness isn't easy, it's a journey we take. True forgiveness reaches inside of us and removes the weeds growing in our hearts. True forgiveness helps us let go of the anger, bitterness, and ill-will from the hurt we have experienced. Over the next few weeks, we will discover the stages of true forgiveness and the steps we can take to invite God into the hurt that has landed in our hearts.**