



# Choose Forgiveness

## *Life Rejuvenated Week 3*

If we are going to live “un-stuck”, if we are going to follow Jesus into the “rejuvenated life” he has for us, then forgiveness is going to become part of our story. We must learn the rhythms of offering and receiving forgiveness.

Right away we are struck by several difficult truths about what forgiveness *IS* and what it *ISN'T*

### **Forgiveness IS:**

1. **HARD:** we will need God’s grace if we are to forgive as He’s called us, because forgiveness is only needed after pain has been experienced.
2. **COSTLY:** the one who chooses to forgive will always carry the burden of forgiveness, look at what our forgiveness cost Jesus.
3. **A CHANCE TO LOOK LIKE JESUS:** we are never more like Jesus, then when we are forgiving and offering grace and mercy.
4. **FREEING:** because unforgiveness, resentment and pain are heaven “bowling balls” to carry

*Question: Which truth about what forgiveness IS has been a part of your story? How?*

### **Forgiveness ISN'T:**

1. **PASSIVE:** we will never “drift” into forgiveness, it is always a choice.
2. **A FEELING:** if we are waiting around to “feel” like forgiving someone, we’re going to wait forever!
3. **EXCUSING WRONGS, or ELIMINATING CONSEQUENCES:** forgiveness is never saying that bad things are ok, or that pains aren’t painful.
4. **BASED ON THE PERSON WHO HURT US, OR THE PAIN THEY CAUSED US:** it’s always about ME and my HEART. My relationship with Jesus is the source of all forgiveness.

*Question: Have you ever felt like forgiveness is really telling someone that the things they did to you are “ok”? How has your thinking about this changed?*

### **How We Find Forgiveness:**

1. **Recognize forgiveness begins *before* forgiveness:** Read Ephesians 4:31, 2 Timothy 2:22
2. **Reveal hurts In honesty:** Unless we honestly reveal the hurts we’ve had, we will never be able to find healing or offer true forgiveness. Read Ephesians 4:32
3. **Realize resentment doesn’t work:** it’s unreasonable, unhealthy and unhelpful. Read Job 5:2-4
4. **Remember WHY we forgive:** Read Matthew 18:21-35

*Question: What does it look like to forgive “just as we’ve been forgiven”? How did Christ forgive us? Unpack salvation and the complete forgiveness offered by Christ.*

*Question: After reading the Parable of The Wicked Debtor, answer the following: what does this story teach us about “The Kingdom”? What does it teach us about the King? How is unforgiveness “wicked” for the believer? Is there a weight that you need to let Jesus carry today? If so, are you willing to share that with the group?*