



This handout is designed to help you process the Sunday sermon message, Gospel Frees. Please take meaningful time to go through the different parts of this process. Patience and reflection tend to access the heart of one’s hurt and pain, which is where the healing we seek takes place and the freedom we need comes from.

ME

In the opening of the sermon, Pastor Brian shared the story of his hurt and offense. Take a few minutes and identify the hurt and offense you need to address during the series. Write out the story of what happened, the circumstance surrounding the offense, the words or action that caused the hurt, and the reason it caused pain.

GOD

The sermon opened with the challenge to obey the biblical commands to forgive. Read the Scriptures below. How have you struggled with these commands?

- Matthew 6:14-16
- Matthew 18:21-22
- Ephesians 4:32

The sermon outlined the process of forgiveness in Matthew 18:15-17. How has this process been difficult for you? What step(s) specifically have you struggled to follow this process?

MY HURT

The sermon pointed out four key ideas when dealing with the hurt of an offense.

- Vertical healing is a prerequisite for horizontal forgiveness.
- I first need to be set free from the offense before I can forgive my offender.
- The battle is not against my offender; the battle is for my freedom from the offense.
- The gospel offers to satisfy my wrath, heal my wounds, and set me free to offer forgiveness.

How do these four key ideas about forgiveness impact you?

How does the truth of being healed from an offense and set free to forgive apart from anything from your offender impact you?

MY HEALING

This section is based on the biblical instruction found in Colossians 3:18 to be filled with the Spirit and to express the fullness of the Spirit through song and Scripture.

Scripture. Read and reflect on 2 Corinthians 5:18-20. Focus on finding satisfaction of your hurt and pain in the gospel as you meditate on God's model of forgiveness.

Song. Suggested songs to worship with this week.

"Praise Before My Breakthrough" by Bryan & Katie Torwalt
Find on YouTube at <https://youtu.be/MXb7-WommBY>

"Hold Me Together" by Jervis Campbell
Find on YouTube at <https://youtu.be/WZQ7vIO86H0>