

# Soul Care

LASTING TRANSFORMATION & FREEDOM

## What is Forgiveness?

**Forgiveness** - releasing someone from having to pay back a debt they owe us.

**Not** given to someone because they deserve it

**Doesn't** mean that we minimize, approve their actions/no consequences

**Doesn't** mean the pain goes away

**Doesn't** mean we trust or are reconciled with the person

## Why Forgive?

- Holding back forgiveness invites the devil to do his work, but choosing to forgive lets God do His.
  - **Ephesians 4:26-27**
- We forgive because God forgave us
  - **Matthew 18:23-35**

## Steps Towards Forgiveness

### Remember God's grace

- Make a list of things you've been forgiven of
- Read/meditate on **Ephesians 2**
- Listen to worship music

**Pray blessings on people who hurt you**

**See yourself as the offender**

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## DISCUSSION QUESTIONS

### Appetizer

1. Review Sunday's message. What stood out to you? What challenged you? Are there any lingering questions?
2. Is there a forgiveness experience that stands out in your life? What happened?

### Entree

1. Read **Ephesians 2** slowly, spending time with each line.
  - a. What does this passage tell us about forgiveness?
2. Do you agree with the definition of forgiveness given on Sunday? How would you say it differently
3. Do you find it easy or difficult to forgive others?
4. What are some things that keep people from forgiving? Why is it so hard to forgive?

### Dessert

Break into groups of 3-5 and discuss the following questions with each other.

1. Are there any hurts that you've kept inside, or anger that you've held onto?
2. Is there anyone you need to forgive?
3. How can this group encourage you to prioritize forgiveness this week?

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