



WESTMARK
CHURCH

Group Guide

Week of 3/30/25

Prayer Guide: This week, try passing the sheet around and using these prompts for everyone to pray. If you'd like to read it verbatim, great! If you'd like to use the content to launch into your own, that's great too. Praying together is powerful!

1. Lord, help me to release the debts I hold against others as you have so freely forgiven me.
2. God, grant me the strength to forgive those who have hurt me, trusting that you will handle the justice.
3. Father, let forgiveness flow through my heart so that I can heal and grow in all my relationships.
4. Jesus, teach me to forgive from the heart, so that I may experience your healing in my soul.
5. Lord, help me to clear out the heavy boxes of bitterness and resentment I've been holding onto.
6. God, guide me to reconcile with others, even when it feels hard or unfair.
7. Father, may I be quick to forgive, remembering how much I've been forgiven.
8. Lord, transform me into a redeemer of broken relationships, offering grace as you have done for me.
9. Father, help me release others from what they owe me, just as you have released me from my sins.
10. God, give me the courage to face the pain of forgiveness, trusting you with the healing process.
11. Father, teach me to forgive those who don't ask for it, trusting you with the consequences.
12. God, may I not be bound by past hurts but be free in your forgiveness, ready to move forward.
13. Lord, help me to rebuild trust in relationships that have been broken, knowing it's your healing touch that restores.
14. Jesus, remind me that forgiving others doesn't mean forgetting, but choosing to release the hold of bitterness.



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Ice Breaker Questions

1. What was an unexpected blessing this week?
2. What's the silliest fear you have?
3. What's the most embarrassing thing that ever happened to you publicly?

Group Discussion: Matthew 6:12, 14-15

1. How can unforgiveness affect our emotional, mental, and spiritual health?
2. How do you interpret the idea that forgiveness is a form of healing in our bodies, minds, and in our relationships?
3. Have you forgiven Pastor Noah for all the typos in last weeks discussion guide?
4. Why is it difficult to forgive others when they haven't apologized or made restitution?
5. What does the process of forgiveness look like in a close relationship, like a marriage or friendship?
6. How do you personally deal with the challenge of forgiving someone who has deeply hurt you?
7. What are some practical ways we can practice forgiveness in our daily lives?
8. How do we grow spiritually when extending forgiveness to others?
9. How does the idea of "releasing the debt" in forgiveness challenge your current understanding of justice and forgiveness?
10. Why is it important to recognize that forgiveness doesn't necessarily mean rebuilding trust immediately?
11. What does reconciliation look like in a relationship after forgiveness has been extended?
12. How do you balance forgiveness with setting healthy boundaries in relationships?
13. What role does God's justice play in our forgiveness of others?
14. What are the dangers of withholding forgiveness, both for yourself and the other person?
15. How does the analogy of "debtors' prison" illustrate our need for forgiveness from both God and others?
16. How can the act of forgiveness in one relationship transform other areas of your life?
17. What does the story of the servant forgiven a large debt teach us about extending mercy to others?
18. How can we apply the principle of "forgiven people forgive people" to our interactions with those who don't share our faith?