

Week 6: Dwelling with God

Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever. Psalm 23:6

God is always drawing us closer to Himself. When we dwell with Him, goodness and love is found there. Harboring unforgiveness and staying stuck in our hurt can be a block to our dwelling. This week, take time to explore forgiveness and the freedom that comes when we dwell in His presence.

- How does thinking about God's presence and dwelling with Him both now and for eternity offer you peace? How does reflecting on that peace help prepare your heart for forgiveness?
- When we hold onto unforgiveness we push away the restful waters that God desires for us. How does unforgiveness bring a lack of peace for you? To what extent can you relate to these symptoms of unforgiveness?
 - Do you have anger that bubbles up and surprises you?
 - Do you distrust people?
 - Do you get anxiety in certain situations that are reminiscent of a past painful environment?
 - Do you sometimes enjoy perceiving the person who harmed you as being evil?
 - Do you feel like you have the "right" to your unforgiveness, leaving you in a space of bitterness?
- Forgiveness is one of the greatest gifts we have received from our Lord, but extending forgiveness to another can be really challenging. Think of someone who is hard for you to forgive completely, and ask God to help you understand why it's so difficult.
 - (Some reasons it could be: their offense against you is not a one-time event but something more frequent, there's no acknowledgement of the wrongdoing from the other side, the consequences of the wrongdoing come up again and again, you don't get space or distance from the person who hurt you, forgiving feels like I'm saying it was "ok".)