

"Lord, how often should I forgive someone who sins against me? Seven times?" "No, not seven times," Jesus replied, "but seventy times seven!" Matthew 18:21-22 (NLT)

Definition of forgiveness: to stop feeling angry or resentful toward (someone) for an offense, flaw, or mistake.

### 1. Forgiveness makes my soul \_\_\_\_\_.

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. Ephesians 4:31-32 (NLT)

But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too. Mark 11:25 (NLT)

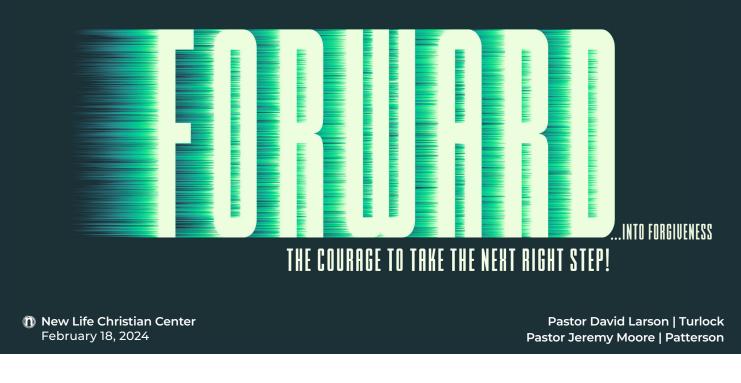
"This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart." Matthew 18:35 (NIV)

### 2. Forgiveness is vital to \_\_\_\_\_\_.

- Practice Empathy
- Reflect on times when others have forgiven you
- Write in a journal, pray, or meditate on scripture
- Be aware that forgiveness is a process

## 3. Forgiveness leads me \_\_\_\_\_\_ \_\_\_\_

"Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven." Luke 6:37 (NLT)



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Definition of forgiveness: to stop feeling angry or resentful toward (someone) for an offense, flaw, or mistake.

### 1. Forgiveness makes my soul HEALTHY.

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. Ephesians 4:31-32 (NLT)

But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too. Mark 11:25 (NLT)

"This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart." Matthew 18:35 (NIV)

### 2. Forgiveness is vital to <u>RECONCILIATION</u>.

- Practice Empathy
- Reflect on times when others have forgiven you
- Write in a journal, pray, or meditate on scripture
- Be aware that forgiveness is a process

### 3. Forgiveness leads me ONE STEP CLOSER TO JESUS.

"Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven." Luke 6:37 (NLT)

## DISCUSSION QUESTIONS February 18, 2024



# [CONNECT]

Talk about a time(s) when you've been stuck in life. (Mentally stuck, emotionally stuck, financially stuck, or even spiritually stuck...) Have you ever felt stuck in your relationship with Jesus? Like your prayers weren't being heard, or your time of reading scripture wasn't impacting you?

## [ENGAGE]

What stood out to you from this weekend's message?

# [GROW]

How many times should we forgive someone who's offended or wronged us? Is there a limit before we "cut off" forgiveness. Read the words of Jesus in Matthew 18:21-22.

Discuss the definition of forgiveness - to stop feeling angry or resentful toward (someone) for an offense, flaw, or mistake.

• How does this definition affect the way you view forgiveness, and how God views our offense, flaw, or mistake (sin) towards Him?

From the message, what are some of the healthy soul benefits we receive by extending true forgiveness?

Read Mark 11:25; Matthew 18:35 and discuss what Jesus is saying to us about the seriousness of forgiveness.

Have you ever experienced reconciliation in a relationship because of either getting or giving forgiveness? Share your story...

How can forgiving someone, or getting forgiveness from someone, bring you one step closer to Jesus?

## [LEAD (YOURSELF)]

The last prayer of Jesus to the Father was, "Forgive them..."

What would your life look like if you began the journey of forgiveness in your life? How would your marriage be different? How would a broken relationship benefit from having a forgiving conversation? Or...how would your faith journey with Jesus be different if you adopted a true model of living a life of forgiveness?

Try that this week...