



PART 2: *One* WITH OTHERS WEEK 6: FORGIVENESS

WARM UP 1: What is seventy times seven? (10 points for first answer)

WARM UP 2: What's the relationship between "sin", "trespass" and "debt" in the Bible? (feel free to Google it...)

WARM UP 3: What are some things we feel when we are hurt by others?

1. Read Matthew 6:9-15. Is there any situation in which Christians are not required to forgive?
 2. Read Ephesians 4:25-31. What are some of the effects/dangers of unforgiveness in our lives?
 3. Read Proverbs 10:12. The first step on the road of forgiveness is to make a conscious decision to forgive the other person, and that involves a *heart change*. What makes this first step difficult? Give an example of something you could pray to ask God's help with this.
 4. Read Luke 9:51-56 and Romans 12:17-21. The second step is to acknowledge our emotions (and desire for revenge), and bring them to God, i.e. "Lord I feel [emotion] because [offense] but I forgive [name]." Is there any offense and person you need to bring to God today?
 5. Read Matthew 18:21-35. What's at stake when we choose between the road of forgiveness and the road of unforgiveness? How does an appreciation of what God has done for us help us with that choice?
- PASS IT ON: Who in your life needs to hear this truth?