



Part 4: Freedom Through Forgiveness

Holding a grudge is a guilty pleasure. We all love to think about how we would have just the right words to say at just the right time to make our enemies feel small in front of all the right people. But what if holding a grudge is more sinister than we think? What if the grudge is less about the other person and more about us? What if there is a better way to handle these kinds of situations?

Bottom Line: Forgiveness leads to healing and freedom.

Discussion Questions:

1. Share about a time when someone did you wrong. How did you respond? Are you prone to dreaming about the “perfect revenge encounter”?
2. What makes forgiveness so difficult?
3. **Read Matthew 18:21-35.** What twists and turns does Jesus employ in his story? What encourages you most from Jesus’ story? What concerns you most from his story?
4. **Read Ephesians 2:1-7 and 4:31 - 5:2.** Why is God so concerned that we forgive other people?
5. **Read Hebrews 12:14-15.** How have you seen this passage at work in real life?
6. How have you seen it to be true that the person your grudge hurts most is you?
7. It was suggested that the way to forgive includes the following: **1)** Acknowledge your pain and anger to God in prayer, **2)** Confess your own sin, **3)** Surrender the desire to get even, **4)** Ask for blessings from God for the offender.
 - a. How are each of these important in the process of forgiveness?
 - b. What other steps would you add?
 - c. Any that you would skip or remove?
8. Have you ever experienced the healing and freedom that forgiveness provides? If appropriate, share your experience with the group.
9. What has been the most helpful thought/idea from the message this week? How has that thought/idea helped you?
10. How can the group encourage you this week?