

Week Seven

How can we forgive others?

In this lesson we will discuss:

- *Last week's homework/bringing your pain to the cross*
- *What forgiveness is / is not*
- *How we can forgive practically*
- *The benefits of forgiving*
- *Sit with the Holy Spirit to listen in and see from whom we might be withholding forgiveness.*

Questions to begin to think about:

1. What do I think of when I hear the word "forgiveness?"
2. What are my biblical assumptions about forgiveness? What is my understanding of forgiveness?
3. What obstacles have been in my way as I think about those whom I need to forgive?

Listen to the story ~

What happened?

How did the main character feel?

What seemed to be the hardest part for them?

How did they cope?

Have you ever seen others act this way? Describe how that looked.

Have you ever acted or felt this way?

How do these stories change the way you view yourself, others, or God?

What is forgiveness?

Forgiveness is....

Forgiveness is not....

What does the Bible say? Why should we forgive others?

Group 1

Ephesians 4:26–27

²⁶ Be angry and do not sin; do not let the sun go down on your anger, ²⁷ and give no opportunity to the devil.

2 Corinthians 2:10–11

¹⁰ He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us, ¹¹ as you help us by your prayers. Then many will give thanks on our behalf for the gracious favor granted us in answer to the prayers of many.

1 John 4:10

¹⁰ This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.

Group 2

Hebrews 12:14–15

¹⁴ Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord. ¹⁵ See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.

Matthew 6:12

¹² And forgive us our debts, as we also have forgiven our debtors.

Ephesians 4:32

³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

What is your greatest takeaway from these verses?

God's forgiveness is not unconditional – but it is limitless!

~ Brad Hambick, *Making Sense of Forgiveness*

<https://bradhambrick.com/forgiveness05/>

Questions on forgiveness:

What makes forgiveness so difficult?

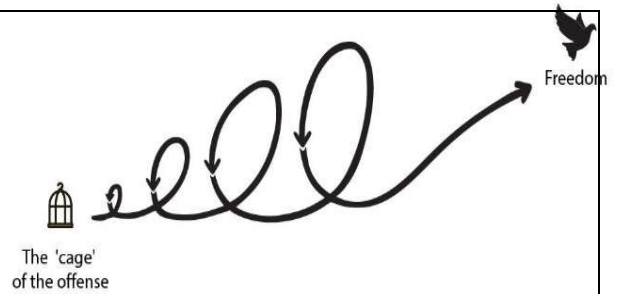
Are there times when forgiveness isn't needed?

What are some factors to consider in extending wise forgiveness?

What about forgiving myself? :

Responses to forgiveness:

Cultural:



Biblical traditions that promote forgiveness:

Why is forgiveness important?

What makes forgiveness difficult?

What are some things that help us forgive?

*What if *we* are the ones who need forgiveness?*

2 Cor. 7:10

¹⁰ Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

1 John 1:9

⁹ If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

James 5:16

¹⁶ Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Who I need to forgive:

Who I need to seek forgiveness from:

*How I want to walk forward in wise
forgiveness:*

Looking back, looking forward....

How have you experienced healing in our time together?

What skills have you learned that will help you to handle emotions in the future?

What is something you will take away from our time together?

How can you share your healing with another person moving forward?

