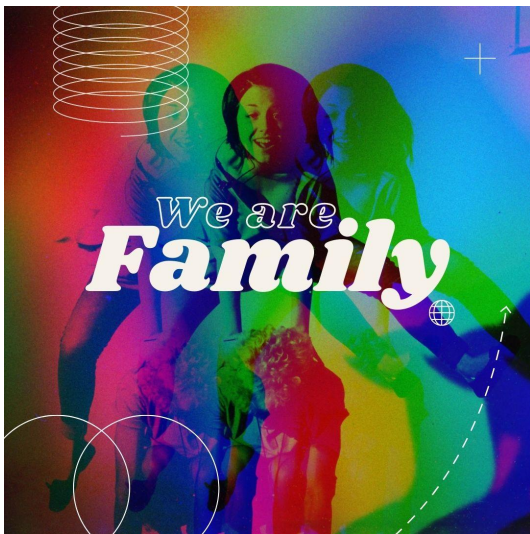


WE ARE FAMILY

Session 6



Forgiveness

Matthew 18 : 21 - 35

HEAL THE HEART - Am I processing the hurt in a healthy way: am I bottling it up, am I feeding the hurt?

GUARD THE MIND - Am I vilifying the person or entertaining thoughts of doing damage to my offender?

GROW IN CHARACTER - Am I being honest about my own part: what can I learn about myself?

WALK IN LOVE – Am I forgiving?

UP: Introduction

- Start with gratitude - What are some things you are grateful for?
- What is a challenge that are you facing at the moment?

IN: Explore

This passage is all about forgiveness. This is something which each of us will have a clear intuitive idea about, but what exactly is forgiveness? How would you define it?

Have a look at the True/False questions on the next page - are they all clear, or are there some which require more thinking about?

READ: Matthew 18:21-35

- Should I always forgive - even if the person offending me isn't sorry? What about if it's part of a continuing pattern of harm?
- What can help you forgive yourself if needed?
- Picture a situation where a person has chosen to forgive another for an offence, but then keeps struggling with negative feelings towards the other. Is this true forgiveness? What wisdom would you give? How do the 4 principles help?
- What does this parable tell you about God's forgiveness?

OUT: Impact

- Take a moment to pray for your own families
- Are there those in our church family that really need prayer? Support? Encouragement?
- How does the topic of forgiveness apply to you right now, and what will do you about it?

True or False Quiz about forgiveness

1. To forgive means to forget
2. Some things are unforgivable
3. Forgiving someone means you no longer feel the pain of their offense
4. Forgiving someone means you give up your right for justice
5. Forgiving someone makes it easier for the offender to hurt you again
6. Forgiveness for an offence is a one-time-for-all, climactic event
7. Forgiving others as God has forgiven us means that we determine to do good to them rather than evil
8. Forgiveness is dependent on the other person repenting
9. Forgiveness is based on emotion
10. It's easier to give it time before forgiving
11. It's better to give it time before forgiving
12. Forgiveness is vital to deliverance and freedom