

NOT ALONE

Will The Hurt Ever Go Away? (Ephesians 4)

Ice Breaker: Would rather sleep in a closed coffin (8 hour sleep) or eat a 10lb raw pumpkin?

Week 6 - Discussion Guide

It is all too easy to get caught up in the never ending cycle of hurt, anger, resentment, mistrust, and fear...what Desmond Tutu calls the 'revenge cycle'. It ruins people. But there is another path: the path that Jesus modeled, taught, lived and died for...the path of forgiveness. Everyday, we are faced with the decision to take the one path or the other. The Apostle Paul, a man who knew radical forgiveness first hand, called for us to take the path of forgiveness by "forgiving one another as God in Christ has forgiven you" (Eph. 4:32). In learning to walk this path, we are choosing to follow Jesus - and we are choosing life.

Experience of Forgiveness

1. What stood out to you from the sermon?
2. What questions were raised for you?
3. Have you ever experienced forgiveness? How has it changed you? Has it helped you to understand God in a different way?
4. How is forgiveness misunderstood? What are some of the things that forgiveness is not?

What's Holding You Back

1. Why is forgiveness so hard?
2. What is standing in your way that becomes the way? How is it becoming your way? Where are places you can see that?
3. Is there part of you that doesn't want to let go of the hurt? (doesn't want to forgive)
4. Who is the person who if you forgave, it would set you free?
5. How have you seen bitterness, wrath, anger, slander, and malice destroy relationships?

Steps Towards Forgiveness

1. How do we learn to forgive? How can we break the cycle?
2. Who do you need to forgive?
3. How does/should God's forgiveness for you affect the way you forgive others?
4. In order to grant forgiveness are you willing to pray for the person who hurt you? Are you willing to see them as flawed humans who God also loves and forgives?
5. Which step do you need to take? Which feels the hardest?
 - a. tell the story, naming the hurt, granting forgiveness, renewing or releasing the relationship
 - b. Or are you still on step zero: do you even want to forgive?



Love Where You Live

Take one real step this week towards forgiving someone who you feel called to forgive. Share that step with someone in your Group and ask them to hold you accountable to it.