

HOW TO FORGIVE

Life Group Questions for Sunday, May 28, 2017

Who do you remember on Memorial Day?

Read Matthew 18:21-35

This scripture offers an economic picture of forgiveness. What stories or metaphors of forgiveness resonate with you?

What is the relationship between Forgiveness and Justice?

Lewis Smedes in his book "The Art of Forgiveness" gives the following 3 steps to forgiveness:

1. Restore the humanity of the one who hurt us.
2. Surrender our right to get even.
3. Wish them well.

What does it mean to restore the humanity of "the other"? What role does empathy play? Talk about how grace works in the decision to go against our natural instinct for revenge.

Read Luke 6:27-28

What happens in our souls if we obey these commands?

Four things Forgiveness is NOT

1. Forgiveness is NOT easy.
2. Forgiveness is NOT reconciliation.
3. Forgiveness is NOT forgetting
4. Forgiveness is NOT fair

Read Ephesians 4:31-32

What do you need to get rid of?

Wisdom calls us to change bad behavior patterns. What does it look like to forgive and remember? How do we manage memories that trigger the list from verse 31?

Pray for freedom to rule in each other's hearts; that the light of Christ's love will grow grace and forgiveness in all our relationships. Thy Kingdom Come as we keep on choosing the path of forgiveness.