

HOW DO YOU RESPOND TO BEING HURT?

VERSES USED AND REFERENCED:

Matthew 18:21-35; Luke 7:47; Ephesians 4:31-32; Colossians 3:12-13; Hebrews 12:15

DISCUSSION QUESTIONS:

- *What is forgiveness? How does the Bible show us forgiveness?
- *When was a time you had to ask someone for Forgiveness and why?
- *When was a time you choose to forgive someone and why?
- *What are the negative effects of unforgiveness? What do you gain from forgiving someone?
- *What does God forgiving us look like and what should we do with that forgiveness?

WHAT NEXT:

Read through the verses above over the week and reflect back with the Lord and with your small group. Are there hurts you still have that you need to extend forgiveness to people? Do you need to ask for forgiveness from someone, even from God? Go and ask. Write down the hurts then when you have forgiven them, tear up the paper and throw it away.

Resource of the week:

Life Together by Dietrich Bonhoeffer:

https://www.amazon.com/dp/0060608528/ref=cm_sw_r_cp_api_glt_fabc_15NY0H3PB8RDE374W8AQ