

WEEK 4 - HOW TO FORGIVE SOMEONE YOU HATE... AND THOSE YOU LOVE

SMALL GROUP DISCUSSION GUIDE

Leader Notes:

- This discussion is designed for those who have taken the time to process the On Your Own Mental & Emotional Health EXERCISES.
- While it is possible to discuss the material from a theological, clinical, or observatory perspective, a MUCH BETTER use of your time and leadership would be to give your group members an opportunity to either ask forgiveness, forgive themselves or forgive someone else.
- We have therefore, created three options.

Option 1: if group members HAVE completed the On Your Own exercise. Spend the majority of your time asking each group member to share which of the three forgiveness prayers they worked through and their experience.

My experience with the forgiveness prayer(s) was...

Option 2: if group members have NOT completed the On Your Own exercise. Review the three main headings in the On Your Own Mental & Emotional Health EXERCISES:

a) I need to ask God to forgive me for...

b) I need to forgive myself for...

c) I need to forgive (someone else for)...

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Ask each group member to share which of the three options they sense God asking them to act on.

Take 10-12 minutes to spread apart (as much as possible) for a solo exercise of completing the forgiveness exercise each feels God is asking of them.

After 12 minutes is up, come back together and share what the experience was like.

My experience with the forgiveness prayer(s) was...

Option 3: theological / clinical discussion.

Discuss the two stories told from the weekend message – Ken’s story of forgiveness and the forgiveness testimony at the end.

a) What stood out most to you from the stories? What challenged you?

b) Of the three types of forgiveness explained in the sermon (receiving God’s forgiveness, forgiving yourself or forgiving others), which do you find most difficult? Easiest? Explain your answers.

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c) In what ways have you experienced the torment of the jailer because you've not been willing to forgive.

d) What is God asking of you as a result of the teaching on forgiveness?

*Important: You do not need to share intimate or specific details of the sins or hurts they dealt with during the forgiveness process. The content of discussion is the experience of that exercise and the difference it is making (or will hopefully make) in one's life.