

Small Group notes – 7 October 2018

Welcome: What is the hardest thing God has ever asked you to do?

Word: The Lord's Prayer – Freedom of forgiveness. Matthew 6:12

Jesus instructs us to daily pray for forgiveness and daily action forgiveness. He is instructing us to keep short accounts with the Father and one another. When we receive and extend forgiveness we do the following.

- Reflect God's character – We imitate our Heavenly Father when we choose to forgive.
- Releases ourselves from bondage. Giving and receiving forgiveness leads us into freedom.

Why is forgiveness so important?

It affects us:

- Relationally – Phil 4:2-3
- Spiritually – Matthew 18:21-35
- Physically – Psalm 32:1-5

We need to receive Forgiveness

- We may need to deal with thoughts and feelings of “I don't deserve forgiveness” – Rom 8:1-4
- I need to somehow pay for what I've done – Ephesians 2:8-9

We need to action forgiveness

Forgiveness is a nice idea until you have someone to forgive! (CS Lewis)

Jesus modelled it for us- Ephesians 4:31-32 – Colossians 3:12-14

- Freely
- Fully
- Immediately

What does forgiveness practically look like?

- Resisting the temptation for revenge – Romans 12:19
- Refusing to keep score – 1 Corinthians 13:5
- Praying for those who have hurt us – Matt 5:43-45

What forgiveness is not!

- Forgiveness is not saying what the person / persons did or said was okay or that it didn't matter or hurt.
- Forgiveness is not waiting for an apology.
- Forgiveness is not enabling a person's sinful behaviour to continue.

True forgiveness, total forgiveness requires the work of God in our lives. True forgiveness is not a natural act but a supernatural act.

Questions

- What is guilt? How does it affect us?
- What does God's forgiveness free us from?
- What do we need to do in order for God to forgive us?
- Why should we forgive others? Is there anyone you need to forgive?

Prayers & Response

“I can forgive but I can't forget” do you sympathise with this response? Have you ever said this? Have your wounds shaped who you are today? Are you carrying any unhelpful baggage around? Deal honestly with any lingering resentments. Write down the names of any people against whom you feel resentment of any kind. Ask God to help you to forgive and release you from all anger and bitterness. Is there anyone you need to ask forgiveness from? Pray that we would keep short accounts with God and with one another.