



Discussion Guide
Over/It – Part 3
PARTICIPANT GUIDE

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"To forgive is to set a prisoner free and discover that the prisoner was you. "

[Lewis B. Smedes]

ENGAGE & CONNECT ||

There's a sock on the floor in your living room. Who left it there? Why is it there?

BEGIN WITH PRAYER ||

Lord, help us to look at forgiveness today and see Jesus. Let us follow You more closely as we learn this truth from Your word and apply it in forgiving others.

MEMORIZING SCRIPTURE ||

"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."

[Ephesians 4:31-32]

PASSAGE & DISCUSSION ||

1. How do kindness, tenderheartedness, and forgiveness go together? Which one of these is easiest/hardest for you?
2. In the sermon, Matt mentioned that forgiveness is NOT approving of/denying what they did, pretending we are not hurt by it, nor reconciliation (that takes 2 people). What were you always taught that forgiveness means?
3. What does Jesus' forgiveness look like?
4. Is there something you've had to forgive recently? How often do you still have a temptation to let that thing replay in your mind?
5. What small things do you find difficult to forgive? Why?
6. When Matt asked you to identify your greatest hurt/offender right now... what came to mind?
7. Is there a wound that bitterness has infected? A memory that isn't just a memory, but a looping tape that churns up your emotions every time you think about it?
8. Do you wish for vengeance (that they get the harm they deserve) or vindication (that I get proved as right all along) about these things?

9. Where is the line between confessing and bringing something to light vs. gossip or venting?
10. What enemy do you need to pray for?

STEP OF OBEDIENCE ||

Complete forgiveness is our command **and calling**.

As you consider your next step, reflect on: 1) What offense or wound do you need to let go of so you can be free? 2) What do you need to unlearn about forgiveness so you can forgive like Jesus? 3) What do you need God's help to let go?

PRAYER FOCUS ||

"Lord, make us free people who are quick to forgive, slow to anger, and slow to hold grudges. Be our justice, our healer, and our defender. Amen."