



BE KIND • REWIND

Forgiveness

RECEIVING AND OFFERING FORGIVENESS (MATTHEW 6:14)

COMMUNITY GROUP DISCUSSION GUIDE

Studies by a number of psychologists show that it is not great riches that make people happy, but friends and forgiveness. Commenting on these findings in a USA Today article, Marilyn Elias says, “The happiest people surround themselves with family and friends, don’t care about keeping up with the Joneses next door, lose themselves in daily activities, and most important, forgive easily.”

An unforgiving spirit is often the last emotional fortress we yield to the power of God. Even as Christians, we may cling to anger and bitterness, feeling that those who have wronged us should suffer for their offenses. But when we realize how much God has forgiven us, we are compelled to extend mercy to others. The Bible urges us to “*put on tender mercies, kindness, humility, meekness, longsuffering; . . . even as Christ forgave you, so you also must do*” **Colossians 3:12-13.**

Forgiveness is God’s command to us and is part of a life of love, peace, thankfulness, and praise (vv.14-16). Freely we have been forgiven; let us freely forgive.

CONVERSATION STARTER

“Be Kind... Rewind” is a reference to the 80’s and 90’s. What is one of your favorite movies from that era?

GETTING INTO THE SCRIPTURES

Read aloud Matthew 6:5-14.

Pastor Jason said “**Forgiveness is hard, Jesus makes it easier.**” Notice he did not say that Jesus makes it easy. Forgiveness can be hard to receive and give. Which do you find more difficult: to believe that you are forgiven or to forgive others? Why do you believe that is so?

PREMISE VS PROMISE – Forgiveness is more than a premise, it is a promise. Even though you are promised forgiveness, what prevents you from trusting that promise?

LIVE IN THE PROMISE OF FORGIVENESS. God offers grace to you freely and openly, how do you tend to be hard on yourself?

LIVE OUT THE PROMISE OF FORGIVENESS. Have you had a painful experience with someone that has been difficult to forgive? In what ways do you need to rely on the Holy Spirit to Live out the promise of forgiveness?

MAKING IT REAL

Forgiveness offers a path to healing and restoration. Do you have a relationship that is broken and in need of repair? What do you feel is the next step God would have you take to begin the healing process?