



## SESSION 2 - FORGIVING

### SERIES BIG IDEA

Jesus' life and teaching can help us simplify our lives and experience a clutter-free soul.

### MESSAGE BIG IDEA

We can be freed from our hurt, bitterness, and anger by learning to forgive.

### SCRIPTURE: MATTHEW 18:21-35

### ICEBREAKER

Share an embarrassing story that happened in the last couple weeks.

### OPENING THOUGHT

Some of us has been through significant trauma and often think that forgiveness is about forgetting, excusing, or reconciling. Sometimes it includes reconciling, but forgiveness is radically different than forgetting or excusing – it's about moving forward from pain and anger into God's healing. Have you ever had anger or bitterness that kept you from experiencing the goodness of life? How did you move forward? Did you move forward?

### BIBLE DISCUSSION

Use the Bible readings to lead to a discussion of how we can all behave badly when it comes to forgiveness. We all want it, but it's so difficult to give. Jesus' parable helps to get to the heart of the matter. Lead the group into discussing the two follow-up questions around Peter's notions of forgiveness and the clues into Jesus' attitude toward forgiveness as highlighted in the parable.

### LIFE APPLICATION

We also have a lot of misunderstandings around what forgiveness is and is not. This can make it even more difficult to cultivate a biblical understanding of forgiveness. The message explicitly talks about how forgiveness is not forgetting, not excusing, and not necessarily reconciling. Lead your group into discussing how these can change our view dramatically around forgiveness.

Give some space/time for stories. If necessary, be ready to go first and be vulnerable.

### CHALLENGE

Forgiveness can be a multi-step process. It takes courage and time to acknowledge our wounds and hurts. It can take more time to decide we want to cancel the debt and even more time to ask God to empower us to cancel it. What steps can you take this week toward forgiveness?