



## Week 6

### **Connect** (15 minutes)

- **What is one way you cared for your soul this week?**

### **SOUL CARE PRINCIPLE #4 – FORGIVENESS** (35 minutes)

- “What do you do when people have deeply hurt you? What if they won’t own it, and they won’t repent? The answer is as clear in Scripture as it is uncomfortable: you forgive them” (p. 124).
- **What is ONE phrase or concept that stood out to you from pages 123-127?**
- **The Mark of the Father**
  - Read Ephesians 4:26&27.
  - “Harboring unforgiveness is like putting up a welcome sign in our souls for the enemy to come in and wreak havoc, and he never rejects such an invitation” (p. 125).
  - **How have you seen unforgiveness “wreak havoc” in your life or in a loved one’s life?**
- **Our Part and God’s Part**
  - “Forgiveness is a matter of obedience, not a matter of more faith. Forgiveness is your responsibility and choice, not God’s responsibility. Forgiveness is the duty of a faithful follower made possible by the grace he or she has received. You have to choose to forgive” (p. 127).
  - **Discuss the struggle of obediently forgiving when you don’t feel like forgiving.**
- **Why Should We Forgive**
  - **Forgive because you have been forgiven.**
    - Read Colossians 3:12-14.
  - **Forgive so Satan won’t get ground.**
  - **Forgive because bitterness is corrosive.**
    - Read Hebrews 12:15.
    - **How does personal bitterness “defile many”.**
- **How Do You Forgive?**
  - **Remember God’s grace.**
  - **Pray blessings.**

- **See yourself more *like* than *unlike* your offender.**
- **Offer forgiveness at the level of the offense.**
  - You can't offer a cup of forgiveness for a five-gallon offense!
- **Choose forgiveness.**
  - "Forgiveness is a gift offered by the offended party. It is never deserved or earned. Therefore, you can forgive someone unilaterally; they don't need to apologize" (p. 139).
- **What is at the heart of our struggle to forgive someone who does not apologize or seek our forgiveness?**

- **"If your suitcase is packed with a bunch of T-shirts and sweatshirts labeled pain, hurt, disappointment, grief, and the like, then there is no room in the suitcase for T-shirts and sweatshirts like joy, love, peace and fullness of God. You have to unpack the suitcase before you can create room for the freedom and fullness of God" (p. 145).**

#### **Spiritual Action Steps** (70 minutes)

- **Let's walk through the questions at the end of the chapter and share our responses. Don't rush through it, make sure everyone has adequate time to share.**
- **1. Quiet your heart before the Lord. Ask the Holy Spirit to bring up the names of anyone you need to forgive. As the names come up, write them down. Even if you think a person is someone you have already forgiven, write that name down. Don't filter.**
- **2. Consciously choose to release these people from your debt. Walk through the steps of forgiveness listed in the chapter.**
- **3. Commit to praying blessings on each one until you sense you are free from resentment.**
- **4. Commit yourself to die with no enemies, and resolve to love your enemies, forgive those who sin against you, and bless those who curse you.**

#### **Pray Together**

#### **For Next Week:**

- **Read Soul Care Principle #5 - HEALING WOUNDS (149-179)**
- **Be sure that you make time to process through the Spiritual Action Steps at the end of the chapter!**