

## Setting Yourself Free | Week 4

### Introduction

Bitterness says "you owe me," chaining us to past hurts and imprisoning us more than those who wounded us. Forgiveness isn't excusing wrongdoing but releasing our right to collect on the debt, a process that brings freedom to both the offender and ourselves as we follow Christ's example.

### Conversation Starters (10 minutes)

- What is the silliest thing you have held a grudge about?
- Where have you experienced or extended forgiveness this past week? What did that teach you?

### Sermon Notes Review (15 minutes)

What caught your attention, stood out to you, or challenged you from this weekend's teaching?

### [Watch the Video](#) (5 minutes)

### Group Discussion (45 minutes)

1. Who is someone you need to forgive?
2. What's the difference between forgiveness and reconciliation in your experience? Is it possible to have one without the other?
3. Think about a time when you struggled to forgive someone. What made it difficult, and how did holding onto that hurt affect you?
4. Read [Matthew 18:21-35](#).
  - What does this parable reveal about the relationship between receiving forgiveness and extending it to others?
  - When have you been like the unforgiving servant?
5. Read [Colossians 3:12-14](#). What qualities does Paul say should mark our lives as God's chosen people? How does forgiveness fit into this bigger picture of Christian character?
6. How easy or difficult is it for you to extend forgiveness to others?
  - Are there certain people or situations you find more difficult to forgive than others?
  - How has understanding God's forgiveness towards you helped you extend it to others?
  - What is a practical step you can take (or have taken) towards forgiveness? What does it look like in your daily life?
  - How might your relationships and attitude change if forgiveness became your default response?

## Prayer (5 minutes)

*Jesus, thank you for your forgiveness. Help us to experience the joy and freedom that comes from the forgiveness you have offered us, and as we do, help us to extend that forgiveness to others. Free us from the trap of bitterness and help us to walk in freedom. In Your Name we pray, Amen.*

## Announcements (5 minutes)

- If you are interested in learning more about how to read, interpret, and apply Scripture, we invite you to check out Sun Valley University. Our next course, Theology, begins Tuesday, July 8. Check out [svu.sv.cc](http://svu.sv.cc) for more information.
- This will be our last series with group notes for the semester. Group notes will end the week of June 1 and will resume the week of August 11.
- Start planning a couple of times for your group to connect over the summer. One social and one service gathering is a good guideline. Check our [Serve Your Community page](#) for some ways to serve together!