

## Grace and Forgiveness | Week 2

### Introduction

As Pastor Chad shared in his recent message, *forgiveness is to agree with God*. What?!?!  
As you begin to wrap your mind around this perspective, you may end up concluding that forgiveness sounds ideal in theory - especially when you are the recipient of it, however, it may feel more like a death crawl when you are the one needing to extend it!!  
God wants us to experience the blessing of both receiving *and* extending forgiveness.

### Conversation Starters (10 minutes)

- Share something trivial that offends or annoys you.
- What is a bad habit that you have that annoys or offends others?

### Sermon Notes Review (15 minutes)

How were you challenged, impacted, or convicted by this weekend's sermon, and were you moved to do anything as a result?

### [Watch the Video \(10 minutes\)](#)

### Group Discussion (40 minutes)

1. Who is someone you can choose to forgive today?
2. In the video, Robert shared the following steps to forgiveness:
  - a. Identify the debt/offense - what is "it" that this person owes you?
  - b. Choose to cancel that debt - make the decision to zero it out fully.
  - c. In your heart, dismiss the case...**forever**. Every time the feeling comes back or you want to talk about it, remind yourself that the debt was already zeroed out, and dismiss it again.

With these steps in mind, on a scale of 1-10, how easy or difficult is it for you to forgive?

3. What is your response to the thought that "Forgiveness is to agree with God"?
4. Is it harder for you to forgive others or yourself?
  - a. Read [Galatians 2:20-21](#).
  - b. What do these verses teach you about the role of grace in our lives?
5. Read [Isaiah 55:8-9](#). When thinking of forgiveness, how do these verses challenge you?
6. How will the conversation tonight change your approach to forgiveness moving forward?

## Prayer (15 minutes)

- Partner with one or two people of the same gender as you to complete your time tonight.
- Have each person share one of the top 3 people in your life that you currently harbor bitterness towards.
- Confess something about your current heart posture which requires God's grace to help you take your first steps of forgiveness with this person.
- Pray out loud for each other
  - Ask if you can place your hand on their shoulder.
  - *God, I pray for (person's name). Give him/her the power to forgive (person they need to forgive) for the offense of \_\_\_\_\_ . Help him/her to cancel the debt and dismiss the case. Thank you for forgiving us. In Jesus' name, Amen.*
  - Switch roles - allow your partner to do the same for you.
  - In [Matthew 6:9-13](#), Jesus lays out an example for how to pray. This is called the Lord's Prayer. Read it out loud together.
  - After you're finished, exchange phone numbers so you can reach out at least once before meeting again next week.

## Announcements (5 minutes)

- Sometimes forgiveness is extremely difficult when it is deeply rooted and painful. Consider our upcoming Care & Recovery groups - each one brings hope of healing and a place to belong with people who are going through similar challenges. Or, we can also help connect you with a professional counselor. Find out more at [care.sv.cc](https://care.sv.cc)