

## The Cost of Holding On | Week 3

One of the most damaging poisons to the soul is the poison of bitterness, and we ingest it regularly. Rather than hurting the person who hurt us, we end up just hurting ourselves all over again. Forgiveness is not just something we are meant to receive; it is something we are commanded to give. Forgiveness is one of the greatest acts of faith because, in essence, we are saying, "God, I trust you to deal with this."

### Conversation Starters (10 minutes)

- What are the group's plans for the summer?
  - (Regular group notes will pause after *The Art of Rest* series, but check the app for a special resource this summer to go with our new series, *You'll Be Dead Soon*. Groups that want to meet during the summer or dive deeper into the book of Ecclesiastes in their personal study can use this resource)

### 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)

#### *Starter Question from the Video:*

1. Who is someone you need to forgive or ask for forgiveness?

#### *Scripture Observation:*

2. Read [2 Corinthians 5:17-21](#). Underline the phrase "not counting people's sins against them." What does this reveal about how God treats us?

#### *Scripture Interpretation/Discussion:*

3. Paul says we are "Christ's ambassadors" with the "ministry of reconciliation." What does it mean to be an ambassador of Christ, and how does that relate to forgiveness?
4. Read [Matthew 5:23-24](#). Why does Jesus say we should leave our gift at the altar and first be reconciled to someone who has something against us? What does this teach us about the priority of reconciliation?

#### *Personal Application:*

5. As Christ's ambassadors, we are called to receive grace, give grace, and seek grace. Which of these three is hardest for you, and why?

6. Spend some time, perhaps in smaller groups of 2-3, praying for each other in the realm of forgiveness and next steps you need to take towards giving or asking for forgiveness.

## Prayer (5 minutes)

*God, thank you for who you are. Thank you for your unconditional love, and thank you for the free gift of grace you have offered us through Jesus. Thank you for your constant, unending forgiveness. Help us to receive that and live our lives as those who have been fully forgiven. Help us to extend that same forgiveness to others. Help us release bitterness and cancel the debt. Thank you for loving us. In Jesus' Name, Amen.*

## For Further Exploration

- Read [Psalm 37](#) and [Psalm 73](#)