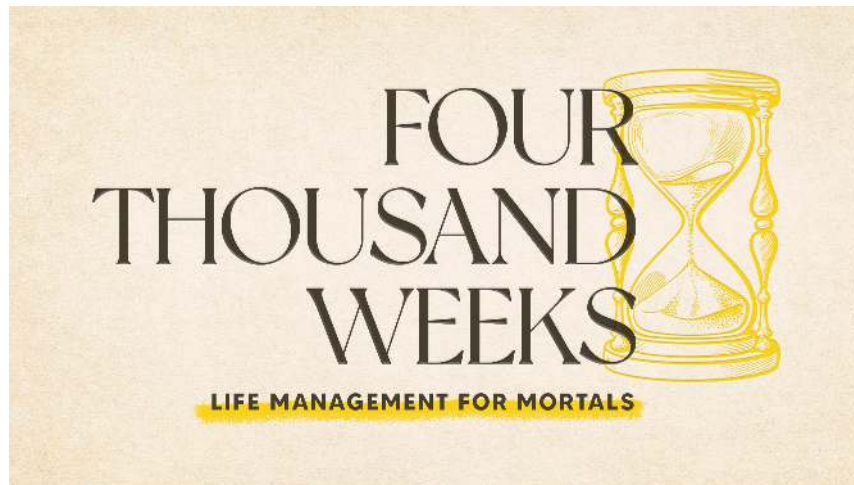


SERMON DISCUSSION GUIDE

FEBRUARY 12, 2023



ICEBREAKER

Are you into the Super Bowl? What is your favorite Super Bowl commercial, past or present?

STORY

Who is sharing their story this week? 3 positives and negatives that have impacted who you are today.

LEADER

We are continuing our Sermon Series Four Thousand Weeks and exploring the idea of how limited our time is and what it looks like to have a meaningful life – how to focus on the most meaningful things and people. This week Patrick shared something we all must deal with – forgiving or not forgiving a person or persons who have hurt us.

READ

Hebrews 12:15 and Ephesians 4:31-32

QUESTION

- What word or phrase in these passages stands out to you?
- Have you ever run into a bitter old man or woman? How did watching them make you feel?
- When we are not willing or able to forgive someone or even ourselves, negative emotions such as bitterness, anger, disappointment, and resentment begin to stir inside us and impact other relationships in our life.

When you are wounded you bleed all over everybody. The impact can be seen in our relationships with our children, co-workers, marriage, or even our self-worth. How have you seen the root of bitterness divide people?

- Patrick said, “forgiving someone is different than trusting someone.” Do you agree or disagree? And why? (Forgiving is not forgetting, ignoring or minimizing how that person(s) hurt you. But when you hold on to the bitterness it really rots your soul. You can forgive and not trust that person by creating a boundary)

READ

Colossians 3:13; Romans 3:23-25

QUESTION

- How do you forgive someone who does not own the offense or take responsibility for their part? (We forgive because God forgave us. We are all broken and our sins have caused wounds that have hurt others. God has shown us great mercy and we forgive by transferring the debt to God, trusting that He can handle it.)

READ

Romans 12:17-21

QUESTIONS

- How do you forgive without minimizing that you’ve been wronged? (Don’t let evil be a conqueror over you but instead identify the hurt and consider what is owed. Then you can hand the rest over to God remembering He is fully just and sees it all.)
- With the most serious wounds in our life, it is not about putting the hurt behind you or suppressing it in some way. It is not easy to forgive others. Patrick mentions three ways we can begin to walk through forgiveness:

- Acknowledge the pain: Identify the hurt. There is a natural resistance to doing this exercise because you don't want to think about it again or dissect it or feel it again. But it is important to think, reflect, and acknowledge it.
 - Consider what is owed: This may allow you to have a needed conversation, but often with the biggest of wounds the person or people may not reconcile their account with you.
 - Let God handle it: Confess the pain and anguish you are feeling. Tell God what they owe you and then transfer the debt to him. They no longer owe you but they owe God.
- What point in this message was most impactful for you?
 - No need to share a name with the group. Is there someone in your life, maybe even yourself, who you need to forgive? Ask God to help you.

LEADERS: Rodeo weekend at RPC|WE is coming up on Thursday February 23 (Richmond only) and Sunday February 26 on all campuses. Grab your group and your favorite cowboy boots and get ready for great country music, photo stations, special guests Woody & Jessie for the kids, and rodeo food!

PRAYER: God, thank you for grace. In Christ, you have forgiven us so that we may forgive each other. May we forgive those who trespass against us. Help us transfer the debt of those who have hurt us to You, and trust that You can handle it. In Jesus' Name – Amen.