

Sunday, February 2, 2020 - "You Asked For It - Week 5 - Do I Have to Forgive?" - Doug Kempton

Key Passages: Matthew 18:23-25, Colossians 3:13

- Feel free to read the passage(s) out loud as a group
- Allow the group to share freely about what stood out to them from the passage or from Sunday's message

Main Ideas

- Unforgiveness is a disease that eats away at our hearts - Doug Kempton
- Choosing to forgive may be one of the hardest but most liberating decisions we will/can make
- Do you want to be well?
 - Forgiving relieves stress and lowers blood pressure
 - Unforgiveness kills you...and there is collateral damage on relationships (with God and with others)
 - Not forgiving is like taking a porcupine quill and jamming it into your body (when someone bumps it it hurts them and it hurts you)
- Do you want all that God has for you?
- Why don't I feel/experience God?
 - Grippled by unforgiveness
 - When all we feel is anger/bitterness → blocks us from experiencing the presence of God
- Matthew 18:23-25 (God's desire and standard for forgiveness)
 - The servant was forgiven a debt he could NEVER repay (about 10 Billion dollars today)
 - God's expectation is that we would forgive like we have been forgiven (the servant should have forgiven his fellow servant as his master forgave him)
- What keeps us from forgiving?
 - Confusing forgiveness with reconciliation (forgiveness = giving up your right to condemn and letting go of all ill will)
 - Forgiveness means that they get away with it ("they have to pay"...we want justice...holding onto bitterness feels like justice)
 - The offender shows no remorse (God wants us to let go of something even if a confession never comes)
- How do I forgive?
 - Decide to forgive
 - "I am going to forgive no matter what"
 - We bring about our own problems when we don't forgive
 - Remember you are forgiven...10 billion fold
 - Pray for your offender
 - That God would bless them
 - That God would let them off the hook
 - Seek perspective (Joseph's story in the Old Testament...he gained God's perspective)
 - Stay the course (something we have to keep coming back to)

Questions (Feel free to use all of these, some of these, or none of these)

1. When was a time where unforgiveness blocked you from experiencing God?
2. How does it make you feel to know how much God has forgiven you?
3. What are some of the reasons you struggle to forgive? What does God have to say about those reasons?
4. Have you ever prayed that God would bless someone that offended or wronged you? What did God reveal to you in the process?
5. How have you seen unforgiveness affect your other relationships in the past?
6. How is God calling you to move forward with forgiveness right now?
7. What is God inviting you into as a result of this passage or sermon?

****15 Minutes with God Reading Plan-**

Mon: Esther 7 Tues: Esther 8 Wed: Esther 9 Thurs: Esther 10 Fri: Song of Songs 1

Songs from the weekend: [Joy of the Lord - *Grace Original*] - [Downpour - *Grace Original*] - [Everlasting God - *William Murphy*] - [This I Believe - *Hillsong Worship*]