



# I Feel Kinda Free

## Part 5 – Forgiveness DISCUSSION GUIDE

This week, we will prayerfully look at forgiveness by evaluating our relationships, offering forgiveness to those who have hurt us, and making amends for harm we have done to others.

**What you will need:** A Bible or your Bible app, a notebook, pen, and highlighter. The verses highlighted below are linked so that you can easily access them during your study time.

### Jump Start

1. “Unforgiveness is like drinking poison yourself and waiting for the other person to die” (Marianne Williamson). Do you agree or disagree? What examples of this have you seen in your life or others’ lives?

*Note: Join us this week for the [daily Cove Devotions](#) and [MDWK Deep](#) on Wednesdays at 12:00 pm. Care Groups are both in person and virtual. Find out more information [here](#).*

2. **Read [Hebrews 12:15](#)**. What is the writer of Hebrews teaching in this verse? What will we fail to obtain if we allow a root of bitterness to grow? How does this affect your life?
3. “You will never have to forgive anybody else more than God has already forgiven you” (Life’s Healing Choices). What is Paul saying to the Ephesians in [4:30-32](#)? Who do you need to forgive or from whom do you need to ask for forgiveness? Take a moment and write it out.
4. “You need to forgive other people because you’re going to need God’s forgiveness in the future” (Life’s Healing Choices) and Jesus taught that in some ways, forgiveness is conditional. **Read [Matthew 6:12](#) and [Matthew 5:23-24](#)** Why do you think Jesus stressed the issue of seeking reconciliation? **Read [Romans 12:16-17](#)**. How do these instructions on how to live go against what the world teaches?
5. “When you let go of your hurt, you make room for God’s peace” (Life’s Healing Choices). **Read [Luke 6:27-28](#)** and pray:

God, I love you. Thank You for another day, another moment to spend with You. In my life I have been hurt, betrayed, and beaten up by people who I thought loved and cared about me. Even people I trusted. This hurt threatens to harden my heart, and God, I know that is not Your will or desire for me. I want to choose love and do good as You do. I know that I do not wrestle against flesh and blood, and this person is not my enemy. We war against powers and the rulers of the present darkness of this world, against spiritual forces of evil in heavenly places. I pray You would give me an eternal perspective. Keep my heart soft, remembering Your own love for me. Give me discernment on how to navigate relationships and how to choose my words. Father, I am looking to You for wisdom; help me. In Jesus’ Name. Amen.

Take a moment to ask God how you should handle forgiveness and moving forward in this relationship? Listen. Write it down. Then decide to obey.

### **Deeper**

*Leader: This section is designed for further use in your Life Group or for personal study. These can also be used as discussion points and ways to stay connected with your group throughout the week. Encourage your group to take time daily to walk through these questions.*

Here at The Cove, our mission is to Introduce our friends to Jesus, Learn to follow Him, and Celebrate His Presence in our lives. We want you to be fully equipped with the Word of God by spending time with Him daily through prayer, and through studying His Word with others. We believe this is how you will be equipped to make disciples.

Sometimes it is hard to understand forgiveness because we do not have a healthy or clear perspective of love. Let's look at God's Agape Love.

6. Watch this video on [Agape Love](#). Take time to review the [study](#) that aligns with the video.
7. What do you observe about love?
8. How is God calling us to love? Does this have anything to do with trust?
9. What do you believe God is asking you to do next? Pray about it.