

## **Thin Within Online Workbook Study 2014**

### **March 17- Week 10 Wrap-up: Forgiveness - Group Discussion Questions-**

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1. Knowing that forgiveness is conscious decision that is not always based on feelings, how can you renew your mind concerning this decision? Do you have to “feel” like forgiving in order to make the decision to forgive? Can you think of some truth cards concerning forgiveness?
2. Since forgiveness is not excusing the wrong or denying that you’ve been wronged, does it make sense to release the offense to God so He can deal with it? Are you able to effectively deal with an offense that has wounded you deeply, or do you need the Holy Spirit’s intervention? Why or why not?
3. Is withholding forgiveness really punishing the perpetrator, or is it punishing you? According to Matthew 18, who was in a prison? The offender or the offended? Does this change the way you view forgiveness?
4. According to 2 Peter 1:3, His power has given us everything we need for life and godliness. Part of godliness is letting go of offenses and allowing God to heal us. Is God asking you to do something that He is not willing to help you do? Does He want what’s best for you, or is He excusing the wrong that has been done to you? Explain.
5. When forgiveness does not bring reconciliation, what steps can you take to release the lack of reconciliation to God?
6. Why is it important to acknowledge the offense and grieve it rather than denying it? How do you think acknowledgement and grieving the offense brings healing? (Note: We are not meant to stay in these stages so we can simply replay the offense over and over. There is a purpose that is beneficial.)
7. Is praying for your perpetrator an extreme challenge? If so, find specific scriptures that will help you overcome this. (Hint: Matthew 5:43-48. There are others, but this is a start.)
8. Do you keep rehearsing offenses no matter how big or small? Are you easily angered? If so, be willing to share this with someone you trust, most of all, God. Be willing to receive God’s healing. Find scriptures that pertain to anger, read them out loud, and tell God you are ready to receive His help.