

Hope Chapel Series – “Gather Together from Isolation” Part 4

Message Summary: No series on relationships would be complete without having a day talking about forgiveness. Without forgiveness, broken flawed people will never be able to have real healthy times with one another. Without God’s forgiveness, we will be forever separated from connecting with God. All of us need to forgive someone. It’s not always easy. It’s a tough step of obedience. Life can be filled with painful emotions and broken relationships. I pray you’re willing to consider forgiving. Forgiveness is not an easy path for anyone, yet it is the only path that will lead us to freedom.

Forgiveness for Healthy Relationships

1. What unforgiveness does to you

- A. Unforgiveness takes up space in your heart - Matthew 23:28
- B. Unforgiveness hinders God filling your heart - Romans 5:5
- C. Unforgiveness keeps you emotionally attached to the offender - Proverbs 4:23

2. What unforgiveness does to your relationships

- A. Unforgiveness hinders your connection with God - Matthew 6:14-15
- B. Unforgiveness hinders your connection with others - Ephesians 4:30-31

3. How to forgive so you can be free and grow healthy again

- A. Agree with God
- B. Be emotionally honest about the wounding
- C. Choose forgiveness
- D. Embrace the process of forgiveness
- E. Resist any form of retaliation
- F. Pray for them

DISCUSSION QUESTIONS – *All LifeGroups are on Holiday Break / Starting up again January 24th*

Begin It (5min) – Open Prayer & Praise

Open it (10min) – Discuss what the past 18-20 months have done to so many relationship and why our need to walk in forgiveness is so great.

Explore It (60min) - Discussion Questions:

1. Discuss the three things unforgiveness does to us. Share any personal examples from your own journey.
2. What does unforgiveness do to our relationship with God and our relationships with each other?
3. Talk through all six steps to forgive. Do you struggle with any of them? Why?

Apply It (15min): Are there people in your life you need to forgive? Are you willing to follow Jesus in this? Are you ready to start the process of forgiveness?