



Walls - Unforgiveness, Part 2

Dr. Derwin L. Gray - 03/15/20

Conversation Guide:

Create a meaningful conversation. Feel free to adjust the questions as needed.

- ◆ Read **Colossians 3:12-13**. Forgiveness restores our humanity, health, and happiness. What enables us to forgive? How does this inner change (new life in Christ and forgiveness for our sins), express itself outwardly?
- ◆ Think back to a time you were offered forgiveness for an offense. How did you feel? Has there ever been a time when forgiveness was withheld from you? How did that make you feel?
- ◆ When we are hurt, offering forgiveness can be difficult. Why is it difficult? What is your understanding of forgiveness? Lewis B. Smedes writes, *"Forgiveness is God's invention for coming to terms with a world in which people are unfair to each other and hurt each other deeply. He began by forgiving us. And He invites us all to forgive each other."* How does viewing forgiveness as an invitation rather than an obligation help you to forgive others?
- ◆ Read **Matthew 5:43-45**. What is one of the symbols of being a child of God? Forgiveness is a part of who we are in Christ. Is there a reason why you may be holding back on forgiving someone?
- ◆ Read **Colossians 1:13-14**. Since we have been transferred from darkness into the Kingdom of light, we can forgive others. What step can you take this week towards forgiveness?
- ◆ Forgiving someone doesn't mean you tolerate sin or must maintain a relationship with them. Regaining trust is a process, and creating healthy boundaries is necessary. If you have practical questions about how to walk in forgiveness, discuss them as a group and encourage one another.

Soul-tattoo: Celebrate the Lord's Supper. Read **Matthew 26:26-28** together.

26 As they were eating, Jesus took bread, blessed and broke it, gave it to the disciples, and said, "Take and eat it; this is My body." 27 Then He took a cup, and after giving thanks, He gave it to them and said, "Drink from it, all of you. 28 For this is My blood of the covenant, which is poured out for many for the forgiveness of sins." **Matthew 26:26-28 CSB**

Recommended Resources:

The Art of Forgiving by Lewis B. Smedes

The Proverbs 31 Ministry Podcast – Therapy & Theology: Forgiveness, Redemption, & Reconciliation.