



## **“ME, MY (TRUE) SELF, AND GOD”**

### **Lesson 6: Forgiveness is Freedom**

#### **CONNECT:**

**What is the furthest destination you have ever traveled? (Mission Trip, vacation, work related) How was your traveling experience to the destination? What was your experience like as you spent time at this location?**

#### **CONNECT:**

**Have you ever been prescribed a certain type of medicine that you know will bring you to a place of health, but taking the medicine becomes a dreaded “hard pill to swallow?” Why were you so reluctant to take the medicine?**

#### **LEARN:**

**Forgiveness is one of the most difficult challenges we face in our ongoing journey to be like Christ. Why do you think it is so difficult understand that forgiveness does not mean that we are to forget?**

**Why do you think that acknowledging the hurt is a very painful but necessary step to forgiveness?**

#### **LEARN:**

**This week’s message brought another step in receiving true forgiveness. It says, “Forgiveness is giving others what God gave me.” What are some of the challenges of looking past what we think is fair and into what we know is Christlike? Why do you think we struggle with giving the same grace that was given to us by surrendering our right to punish those who have hurt us?**

#### **LEARN:**

**Why do you think we get confused with the fact that forgiveness does not necessarily mean reconciliation? Have you ever made the choice to not forgive because of your fear to be in fellowship with this person?**

#### **LEARN:**

**Forgiveness was compared to being like air in our lungs. We receive it over and over from God, but we can’t hold it in or we will suffocate. It has to be released to those around us. What are some examples of how forgiveness cannot only flow to us, but also through us?**

#### **APPLY:**

**Forgiveness is a process not an event. Use the 4 points in this week’s message to experience true forgiveness and freedom. Answer the following questions:**

- 1. What unforgiveness do I need to acknowledge?**
- 2. Who do I need to forgive?**
- 3. Do I need to forgive myself?**
- 4. Who do I need to be reconciled with?**

**LIFE — IS  
BETTER  
TOGETHER**