

Lifegroup Notes

Feel Wounded? There's an app for that! Sunday 7th May 2017

Welcome

What is the worst thing you have ever tasted? Do you prefer a bitter or a sweet taste?

Word

The theme this week is: *Feel Wounded? There's an app for that!*

Forgiveness is one of the largest struggles we will deal with. Most of us can relate to an event that has happened in our lives that required forgiveness. What makes forgiveness tricky is that often the path is uneven. We struggle with letting go and our ongoing feelings.

NB Don't feel you have to work through every question. Go with the discussions that are raised.

- What does forgiveness mean to you?
- What is the longest you have gone before forgiving someone?
- What are two or three things that stop you forgiving people? Are they worth it?
- Has experiencing hurt/wounds changed you from who you were before those events occurred? If so, how? (e.g less trusting, quick to judge, don't have close friendships..)
- Why do you think it works to pray for people who hurt you?
- Have you ever held a grudge against someone? How did unforgiveness affect you?
- Have you ever received unexpected forgiveness? What was that like?

We saw that there are myths that we can believe when it comes to the topic of forgiveness. Have you ever been tempted to buy into these **myths**. Which ones have particularly challenged you?

- **If we forgive, things have to go back to the way they were before**
- **If we forgive, then there are no consequences at all. The person gets away scot free.**
- **If we can forgive someone, then they must not have really hurt us that badly.**
- **Before we forgive, we have to FEEL forgiving**
- **If we forgive, then we are excusing what has been done.**

If holding onto our wounds and hurt and not embracing the gift of forgiveness is so damaging, why do we find it so hard to let go?

When something happens in your life, is your response in direct proportion to the offense or does it get big really quickly?

When we give the gift of forgiveness, we get the greatest benefit. When have you felt the power of forgiveness or seen its impact in someone else's life.

What characteristics in your life might indicate that you haven't fully forgiven past hurts, even if you know in your head what you need to do?

Read Colossians 3:13

There truly is power in forgiveness, but only when we make the choice to apply it. What are we still carrying that God would want us to let go and set down? Is there an area that you are currently struggling with forgiveness?

Let's pray for those that are struggling on the journey of forgiveness.