



Week 4: Let It Go

GET GOING

You can't talk about conflict in relationships without talking about forgiveness. Forgiveness is not forgetting, it's not earned, it's not excusing, and it certainly isn't easy. But it is a choice we can make. Let's talk about it.

DISCUSS

1. **In your opinion, what is one of your greatest accomplishments?**
2. **How would you describe the highs and lows of this past week?**
3. This week Pastor Mark talked about forgiveness. **Is it easy for you to forgive? Why or why not?**
4. **What do you normally do when someone offends or hurts you? Do you dwell on it? Do you dream of giving them a piece of your mind? Something else?**
5. **Read Proverbs 12:16. Who are the two types of people mentioned?** (Answer: the fool and the wise).
6. **How does the fool respond to an annoyance or insult?** (Answer: he/she broadcasts their displeasure immediately.) **How does the wise respond?** (Answer: he/she covers the matter.) The word "cover" means that the wise person ignores or forgives the error.
7. **Have you ever forgotten your wallet when you went to pay for something? What happened? Have you ever had someone cover your bill? How did you respond?**

Say something like: Forgiveness is like that, we cover someone else's debt against us from the wealth in our bank account.

8. **What happens to us when we don't forgive someone?**
9. **Read Colossians 3:13. What does this verse teach us about forgiveness?**

WRAP IT UP

When someone sins us against us it is like they have taken something from us. In essence, they take out an emotional I.O.U. The thing to remember is that Jesus ripped up our I.O.U., maybe it's time you ripped up their's too.