



## A. Our Relationship with God

- ♥ What effect will unforgiveness have on our relationship with God?

Matthew 6:12, 14-15 \_\_\_\_\_

Ephesians 4:26-27 \_\_\_\_\_

1 John 3:10 \_\_\_\_\_

## B. Our Relationship with One Another

- ♥ What happens if bitterness stays in our hearts?

Hebrews 12:14-15 \_\_\_\_\_



What do you think Hebrews 12:14-15 means? Can you share a situation where you have seen this happen?

## C. Our Own Lives

Bitterness is likened to a root that will bring trouble. A root is something that grows and spreads under the ground, and in the same way bitterness can grow and spread in our lives. Initially it may be hidden, but as time goes on the effect of bitterness can be seen.

- ♥ How are sin and sickness often linked?

Hebrews 12:13, 15 \_\_\_\_\_

Psalms 32:3-5 \_\_\_\_\_

- ♥ What is the result in our lives if we turn from evil?

Proverbs 3:7, 8 \_\_\_\_\_

If you have resentment or bitterness towards someone else, even from something that happened years ago, it will affect your life. We can forgive. It is a choice, and we have the Holy Spirit to help us. What will forgiveness mean?

## 3. Meaning of Forgiveness

In the parable the King had pity on the servant and let him off from paying the debt. That is what forgiveness really means – we excuse the one who has hurt us, we let him off. We will look further at the meaning of forgiveness.



What is God's forgiveness like? Jeremiah 31:34

In 1 Corinthians 13:5 it says that love is not resentful. This means that we don't store in our memory the things others have done to us. How can we learn to forget these things?



If we are resentful towards another person we will 'try to get back at them', by speaking against them, criticising them, not speaking to them, or deliberately trying to hurt them. In what practical ways can we repay evil with good?

- ♥ What can you learn about forgiveness from these verses?

Colossians 3:12-14 \_\_\_\_\_  
\_\_\_\_\_

The word 'forbearing' or 'bear' means 'to hold back self'. As God's children we are to hold back our selfishness and pride and forgive others.

#### **4. Example of Forgiveness**

The King in the parable is God the Father. This story demonstrates that God sets an example of forgiveness for us to follow. This was also seen in the life of Jesus.

- ♥ What was Jesus' attitude to those who hurt him?

Luke 22:33-34, John 21:15 \_\_\_\_\_

- ♥ What difference should this example make to us?

1 Peter 2:21-23 \_\_\_\_\_

- ♥ What reason is given that we should forgive one another in these verses?

Ephesians 4:32 \_\_\_\_\_

Colossians 3:13 \_\_\_\_\_

It is hard to forgive isn't it? However, unless you do, you will be hurting yourself. If God has been speaking to you, bring to him the name of the one you have resentment towards, and ask him to help you forgive that person. You also need to ask him to forgive you for holding that sin in your heart, and you may need to speak to the person concerned. God's grace is there to help you. Make the right choice!