

# FOOD FOR THOUGHT *(continued)*

## TAKING IT HOME

1. Remembering our need for forgiveness and God's incredible provision of it will help us become generous in our forgiveness of others. Read the following verses this week, stopping to reflect and underline any key principles you discover about God's forgiveness. How does each verse help you grow in your ability or motivation to forgive others?

BIBLE VERSE:	APPLICATION TO MY LIFE:
<b>Ephesians 4:26-27</b>	
<b>Ephesians 2:4-5</b>	
<b>Romans 3:23-24</b>	
<b>1 John 1:9</b>	
<b>Hebrews 10:11-18</b>	

2. What is the most challenging aspect personally when it comes to forgiving others?

- Identify who you are angry with.
- Determine what you feel they owe you.
- Decide to cancel the debt.

3. Based on God's incredible grace towards us, is there any relationship in your life where you need to CANCEL A DEBT this week? How will you initiate that? What kind of freedom do you believe it will bring you?

# MESSAGE NOTES

## Emotional Health // Week 2

### MEMORY VERSE:

*Above all else, guard your heart, for everything you do flows from it. **Proverbs 4:23***

Anger says, "\_\_\_\_\_."

The way to clean out our anger is through \_\_\_\_\_.

*Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" "No, not seven times," Jesus said, "but seventy times seven."  
**Matthew 18:21-22***

### What true forgiveness is NOT:

1. Simple \_\_\_\_\_.
2. Spiritual \_\_\_\_\_.
3. Immediate removal of \_\_\_\_\_.
4. Immediate restoration of \_\_\_\_\_.

### What true forgiveness IS:

1. Refusing to demand \_\_\_\_\_ for a past injustice.

*Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. Do all that you can to live in peace with everyone. Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the Lord. Instead, "If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads." Don't let evil conquer you, but conquer evil by doing good. **Romans 12:17-21***

2. A deliberate decision to \_\_\_\_\_ a debt!

*God has chosen you and made you his holy people. He loves you. So your new life should be like this: Show mercy to others. Be kind, humble, gentle, and patient. Don't be angry with each other, but forgive each other. If you feel someone has wronged you, forgive them. Forgive others because the Lord forgave you. **Colossians 3:12-13***

# PERSONAL NOTES

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“Be doers of the word and not hearers only...” James 1:22



# FOOD FOR THOUGHT

Many of our Groups are on break for the holidays. During this season, use these questions to facilitate discussion with your Group or for personal study.

### GETTING TO KNOW YOU

1. As you reflect on the talk from Sunday, was there anything that particularly stood out to you, challenged you, or confused you?

2. This weekend’s talk highlighted several ideas that we commonly mislabel as true “forgiveness”. Which of these have you believed in the past, and how has it turned out?

- Simple maturity
- Spiritual amnesia
- Immediate removal of consequences
- Immediate restoration of trust

### DIGGING DEEPER

1. Read **Matthew 6:9-13**. In these verses we find what has become commonly known as “The Lord’s Prayer”. In it, Jesus teaches us to pray this: “*Forgive us our sins, as we forgive those who have sinned against us.*” What is Jesus teaching us with that prayer, and why is that so important in our lives?

2. “*Forgiveness is not for the benefit of the forgiven... it is for the benefit of the forgiver!*” In what ways have you seen this principle ring true in your own life?