

# D Group Lesson: A Forgiving Heart

**Series:** The Heat of Jesus #4

**Text:** Exodus 34:7

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## Big Idea

God's heart is to fully forgive our sin through Christ—and we are called to receive that forgiveness and extend it to others.

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## HOOK (Engage the Heart)

### Opening Question:

- When you think about God, do you picture Him more as someone who keeps track of your mistakes or someone who removes them? Why?

### Discussion:

In *The Telltale Heart*, the main character is haunted by guilt he cannot escape.

- Have you ever experienced guilt that felt heavy or hard to shake?
- Why do you think people struggle to believe they are truly forgiven?

### Transition:

Many people misunderstand who God is—just like the crowd during Palm Sunday misunderstood Jesus' identity. Today we'll see clearly: God's heart is forgiveness.

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## LOOK (Examine the Word)

### Read:

- Exodus 34:6–7
  - Matthew 21:9–11
  - Romans 3:23
  - 1 John 1:9
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## 1. God's Character: He Forgives Completely

God describes Himself as forgiving:

- Wickedness (crooked behavior)
- Rebellion (defiance)
- Sin (missing the mark)

### Questions:

- Which of these three words do you relate to most right now? Why?
- What does it mean to you that God forgives *all* types of sin?

### Key Insight:

Biblical forgiveness means “to lift or carry”—God removes the burden of sin.

- How does that change your view of God?
  - Do you tend to carry guilt that God has already lifted?
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## 2. Forgiveness Reveals the Seriousness of Sin

“For all have sinned...” —Romans 3:23

Forgiveness doesn't ignore sin—it acknowledges it fully.

### Questions:

- Why is it important to admit that sin is serious?
  - How does minimizing sin affect our understanding of forgiveness?
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## 3. Forgiveness Requires a Price

“Without the shedding of blood there is no forgiveness.” —Hebrews 9:22

Forgiveness is not free—it is costly.

### Questions:

- Why do you think real forgiveness always involves a cost?
  - How does understanding the cost of forgiveness deepen your gratitude?
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## 4. Forgiveness Is Given Through Jesus

Jesus demonstrated God's forgiving heart by forgiving:

- Outsiders
- Failures
- Enemies

Ultimately, He died to provide forgiveness.

### Questions:

- Why is the cross the clearest picture of God's forgiveness?
  - What does it mean to be "justified" (just as if I had never sinned)?
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## TOOK (Apply the Truth)

### Personal Reflection:

- Is there a sin or past mistake you are still carrying that God wants to lift from you?
  - What would it look like to fully accept God's forgiveness today?
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### Living It Out:

#### 1. Receive Forgiveness

- What is one step you can take this week to trust God's forgiveness more deeply? (Confession, prayer, surrender, etc.)

#### 2. Release Forgiveness

- Is there someone you need to forgive?
- What is holding you back?

#### 3. Reflect God's Heart

- How can you show forgiveness in a practical way this week (home, work, friendships)?
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### Challenge:

This week, when you feel guilt or shame, remind yourself:

“God doesn’t just see my sin—He has removed it.”

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### **Closing Prayer Prompt:**

- Thank God for His forgiveness
  - Confess anything weighing on your heart
  - Ask for strength to forgive others
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### **Final Thought**

Just like Moses discovered, God’s glory is revealed in His character—and His character is overwhelmingly forgiving. Through Jesus, your sin isn’t just covered—it’s carried away.