



# REBUILT

Title: THE ART OF FORGIVENESS

Main Scripture: Colossians 3:13-14

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**Bear with one another.**

**Forgive each other.**

(Eph 4:32, Mat 6:14-15, Eph 4:30-32, 2 Cor 2:10-11, Eph 4:26-27, Neh 9:17)

**How do we move toward forgiveness?**

(Mat 5:23-24)

## STEPS TOWARD FORGIVENESS

1. When you are ready to make a choice with your will to forgive the person, yourself, and God, go through each event or person on your list and verbalize your decision. An example of a forgiveness commitment might sound like this:
  - “I choose to forgive \_\_\_\_\_ for \_\_\_\_\_.”
  - Verbalize how you were impacted: “I felt \_\_\_\_\_ and \_\_\_\_\_. I thought \_\_\_\_\_ and \_\_\_\_\_. I did \_\_\_\_\_ and \_\_\_\_\_ as a reaction.”
  - “I will no longer carry this resentment, and I choose to let it go and release \_\_\_\_\_ into the freedom of my forgiveness.”
2. You could follow up your decision of forgiveness by writing down the date in a journal, calendar, or sacred text to remind you that you no longer choose to carry this burden of bitterness anymore.
3. Give time for grief. The next day, the next moment, the next trigger, all the emotions of the hurtful event may come back.
  - This does not mean that you have not forgiven the person (forgiveness was a choice with your will, a commitment to yourself to let go).
  - Triggered emotions mean that there is more grief work to do and deeper layers to be explored.
  - Allow the grief to come forward and take you to the pain, but this time, instead of allowing the pain to stir up and wind you up with bitterness, stay vulnerable and grieve as you let go again and again, reaffirming your commitment and choice of forgiveness.

## The Small Group Sermon Study

**Opening Prayer: *Father, in Jesus' name, through the Holy Spirit, come and speak to us, teach us and transform us as we read, discuss and reflect on Your word.***

*Read the key passage(s) of Scripture from the message and review the points from the sermon notes, then answer the following questions:*

1. What did you like or appreciate about this message? What was new or surprising to you?
2. What do we learn from this passage and message about God (Father, Jesus, Holy Spirit)? What do we learn about who He is, how He feels, what actions He takes, etc.?
3. What does this passage tell us about responding to God? What does living by faith look like in this passage?
4. What don't you understand or what other questions does this passage/sermon make you ponder?
5. What challenges are being brought to light in this sermon/passage? Are there any obstacles to which you can relate?
6. What attitudes, emotions, behaviors, or ideas are being exposed? How do they line up with what we know about God's character and His word?

### **Personal Reflection:**

***Silently re-read the key Scripture(s) from the message, asking the Holy Spirit to speak to you.***

- What do you need to surrender to Jesus? How will you respond to what God is showing you?
- What verse, phrase or word do you need to take with you this week? How will you act on what you've heard?

**Prayer: *Spend time praying for one another (that we would grow in our love for God and others, that we would be transformed by what God has revealed, that we would be alert and obedient to God, etc.).***