



PRESSURE POINTS Week 4

MAIN OBJECTIVE: Understand the weight of God's forgiveness in our own lives that propels us to forgive one another.

KEEP IN MIND: The goal is NOT to try and get through all the questions, but to have a meaningful discussion. Go through and think about which questions will land and spark the most conversation with those in your group.

INTRO: Optional Icebreaker game

- 1. Take turns pairing up to play Rock Paper Scissors - you can even make it tournament style to see who wins the most rounds!*
- 2. Say this: In Rock Paper Scissors, you are trying to win **against** your opponent. But in relationships, we are trying to win **with** each other for relational unity and love-which often requires forgiveness.*

READ EPHESIANS 4:31-32

- What does this passage say we are supposed to “put away” or “get rid of” in v.31?
- How does this passage instruct us to treat one another instead in v.32?
- Does forgiveness come naturally to you? Why or why not?
- How does bitterness from delaying or refusing forgiveness hurt you?
- How does delaying or refusing forgiveness hurt your relationships?

READ MATTHEW 18:21-35

- What does it stir up in you to remember God's forgiveness in your own life?
- How does the grace of God impact the way you treat those who have sinned against you?
- Can you share a time in your life when you remember experiencing radical forgiveness? How did that change you?

DISCUSSION:

- What rhythms can you implement that will help you regularly remember the riches of God's grace in your own life?
- What opportunities do you have to extend forgiveness in your relationships this week?

CHALLENGE:

- Spend time this week asking God to reveal any areas of unresolved resentment and the willingness to be obedient in forgiveness.
- Take action to ask for and extend forgiveness where it is needed.



CLOSING PRAYER:

- Utilize Ephesians 4:31-32 as a guided prayer:
 - Confess and ask God to help remove bitterness, anger, wrath, slander, and malice in you
 - Ask God to help you be kind, tenderhearted, and forgiving toward one another
 - Praise God for the forgiveness He has given us through Christ Jesus!