



LIFE APPS #2 :: Forgiveness {Jeff Henderson}

INTRODUCTION

Holding a grudge is a guilty pleasure. We all love to think about how we would have just the right words to say at just the right time to make our enemies feel small in front of all the right people. But what if holding a grudge is more sinister than we think? What if the grudge is less about the other person and more about us? What if there is a better way to handle these kinds of situations?

DISCUSSION QUESTIONS

1. Share about a time when someone did you wrong. How did you respond? Are you prone to dreaming about the “perfect revenge encounter”?
2. Jeff asserts that the person your grudge hurts most is you. Have you experienced this?
3. What does the cross have to do with our ability to forgive?
4. Jeff says that God’s forgiveness doesn’t just flow to us, but through us. What does this mean? How should this impact the way we live?
5. Read Romans 12:19-20. Do you find comfort in this verse? Do you believe that God will avenge the wrong done to you? How does the thought of meeting your enemy’s needs feel to you?
6. Romans 12:21 says that we should overcome evil with good. Do you believe this is possible? What evidence do you have of this in your past? How does this work?

MOVING FORWARD

“Grudge-holding is living in the past. Forgiving is moving forward.” Take some time this week to acknowledge the forgiveness that God has given you. Then let that forgiveness flow through you so that you can be free from the grudge you have been holding.

CHANGING YOUR MIND

Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. If it is possible, as far as it depends on you, live at peace with everyone.

Romans 12:17-18