

Good God: Trusting Jesus Through It All

April 1 & 2, 2017
Valley Church

Lead Pastor Jeremy White
Week 3 – Forgiven and Forgiving

Introduction:

1 Peter 5:8

The Soul (Psuche): Input and Output

Input → COMPUTER → Output

Thoughts → MIND → Feelings/Emotions

Ephesians 4:26

Romans 12:2

Ephesians 4:32

Colossians 3:13

How Has God Forgiven Me?

1. God _____ the forgiveness, not waiting for me to apologize for every sin I've committed – Romans 5:8
2. God _____ chose to forgive me, and now permanently relates to me in light of that decision – Hebrews 10:17-18
3. God _____ with me on a debt-free basis, releasing me from anything I once owed Him – We are sons, not slaves...daughters, not debtors!

How Do I Forgive Others? Three Important Parts...

1. Acknowledge the _____ done to me
2. Choose to release the _____ I feel is owed
3. Remember my _____ as often as needed

The Big Idea:

1 John 2:1-2

“Atoning sacrifice” = Greek “propitiation” meaning that Jesus has “fully satisfied” the requirements needed to pay my debt of sin. I am free to set others free... and often the greatest beneficiary is me.

SMALL GROUP Q'S

Personal Life:

1. In the weekend message, we focused on harboring unforgiveness as one of the major ways we “self-inflict” emotional suffering. What are some other ways we suffer from self-inflicted wounds in this life? Have you ever personally been damaged by any of these self-inflicted wounds?

Ponderings:

2. Read Ephesians 4:32 and Colossians 3:13 as a group, and discuss the following thoughts and questions...
 - We all struggle with unforgiveness toward others at times. Would people describe you as an easily forgiving person or someone who tends to hold grudges? Why do you say this?
 - Some approaches to emotional “healing” attempt to change or “fix” our feelings. How does God’s approach of “renewing our minds” differ from merely trying to fix the way we feel?
 - Have you ever considered what a direct influence your thoughts have upon your feelings? What kinds of thoughts do you think our Healer wants to renew within you on a daily basis? Explain...
3. Why do you think it may be important to properly acknowledge the damage done to you as part of choosing to forgive someone?
4. Often the toughest person to forgive can be ourselves. Why is choosing to acknowledge our own sin and then *letting it go* so important for walking in freedom from emotional suffering? Explain...
5. How does it help to know that forgiveness does not mean “forgetting?” Why do you think so many victims often feel responsible for the offense committed against them?

Promptings:

6. Do you wrestle with unforgiveness toward someone in your life right now? Would you consider taking time alone with God to walk through the steps to forgiveness discussed in the weekend message? Is someone you know bound by bitterness? Are you willing to offer help to them?