



Forgiveness Part 1: "Forgiveness Isn't Easy"

1. Talk about a time when you've seen a person unable to get past a wrong done to them. In what ways did that person's inability to move on affect him or her?

2. When you've been hurt, which of these are you more likely to do: throw it back at them (revenge) or hold on to it (bitterness)?
 - a. Share any observations about how that type of reaction has affected you..

3. It was mentioned that not everyone feels the same way about forgiveness. In fact, we live in a culture that is sometimes called a Cancel Culture. What are some reasons why people have such a hard time with forgiveness in our culture?

4. What are some of the results you've noticed in a culture due to this difficulty to forgive?

5. **Read Ephesians 4:31-32.** Paul links getting rid of anger with the importance of forgiveness. Explain how those two things are linked.

6. How would you define forgiveness? What is it? What is it not?

a. There's something in us that doesn't want to forgive. What are some things you could do or remember when you feel that way?

7. Sometimes forgiveness requires a daily choice. What does that mean? Has this ever been true in your life? Explain.