

# WOUNDED

*Forgiveness needs more than a*



## **Wounded: Part 6**

Small Group Material

Participant Guide

## ***The Only Way***

April 10th, 2016

**Bottom Line:** *At its essence, forgiveness is "you don't owe me."*

**Study Verses:** *Isaiah 53:11, Romans 13:8-10, Romans 5:8, Romans 12:10*

### **Key Points**

- Forgiveness provides the only safe place for imperfect people to authentically connect.
- We are often trying to force God's promise instead of simply trusting it.
- We spend so much energy and time elevating small grievances while ignore the real pain that needs to be addressed.
- We create systems to make life work and run efficiently.
- Just because our lives work doesn't mean we are connected.
- Forgiveness is the state we live in. We can invite others to join us in this place, but we can't force them to enter.
- When you mask over the hurt, you mask over the forgiveness.
- Death is love demonstrated.
- Love enters into the life of another person to bring value and communicate worth.
- Don't minimize the pain....feel it. Rumble with forgiveness.
- You get a say in how the story ends.

## ENCOUNTER

- Last week's homework was to address the underlying motivators for your behavior and not the actions themselves (Example: Blowing up in anger (ACTION) vs. a feeling of entitlement (MOTIVATOR)). What did you unearth from this endeavor?

*Forgiving creates a new possibility of fairness by releasing us from the unfair past. A moment of unfair wrong has been done; it is in the inevitable past. If we choose, we can stick with that past. And we can multiply its wrongness. If we do not forgive, our only recourse is revenge. But revenge glues us to the past. And it dooms us to repeat it. -Lewis Smedes*

- Read the quote for Lewis Smedes. How have you seen this quote play out in your life or the life of others?
- How does unforgiveness multiply the wrongs while keeping us stuck in the past?

## FORMATION

- Read Isaiah 53:11. How does forgiveness bring healing into our lives? How does this passage speak to the process of forgiveness? What must occur before forgiveness is satisfied?
- Read Romans 13:8-10 and Romans 12:10. How does loving others fulfill the law? In what ways does living in a state of forgiveness influence our relationships?
- Read Romans 5:8. Death is love demonstrated. How did Christ's loving actions bring value to us and communicate our worth? Why does love always go first?

## EXPRESSION

*"It's seductive to think that not talking about our pain is the safest way to keep it from defining us, but ultimately avoidance takes over our lives. The idea that we're only as sick as our secrets" is more than an adage..." -Brene Brown*

- Read the quote from Brene Brown. How do you react to pain: to lash out (anger, impatience, vindication, etc.) or to internalize it (grin and bear it, be overtly nice, pretend everything is okay, etc.)? Why do you react in this way? What would it look like to address the pain you feel and rumble with forgiveness?

- What are some areas where you find your life works, but you aren't connected with others? What do you believe is causing this disconnect?
- You get a say in how the story ends. Having been impacted by Christ's love, how are you rewriting the story of your wounds?