



If we're human, we hurt ... We get hurt by others, and we hurt others — both are pretty much a given. And we can choose to live our lives building hurt on top of hurt ... Carrying all that pain and allowing our sense of “justice” to keep us tethered to it. But there's always another choice. What can we learn from The Jesus Way about navigating the inevitable hurts of life?

- Open with prayer.
- If your groups is new, give everyone time to introduce themselves.

## CONVERSATION STARTERS

- What's one thing you're looking forward to in the future?
- Share something new or a highlight from this past week.

## REVIEW

Open your Bibles and read from **Matthew 6:5-14**.

- Share your favourite points from the weekend sermon. What spoke to you?
- Share a phrase or moment that you related to the most, or a question you may have from the weekend.

## DISCUSSION QUESTIONS

- How have you experienced forgiveness in your own life? From God? From others?
- Why is forgiveness important in the Christian journey? Why do we have to forgive others as followers of Jesus?
- Why do people choose not to forgive? What's the problem with withholding forgiveness?
- Does forgiveness mean we forget? How do these two work or not work together?
- Do you still need to forgive yourself for something that you have done? 1 John 1:9 reads **"If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness."** How does this verse give you encouragement for forgiving yourself?
- Where is God showing you that you need to forgive? Who is God asking you to forgive?
- How do these verses apply to your life? What will you do about it?

## PRAISE & PRAYER POINTS

Share what God is doing in your life and spend some time praying for each other's prayer requests.