

LIVE IT OUT

Week 3

Forgive one another (1 John 4:9-12; 18-2)

Opener: Share a time when you have been forgiven

Discussion Questions

What does it mean to forgive?

Based up the text, how did God forgive us?

When have you tried to punish or get even with someone?

Why do we need forgiveness?

Bottom Line: Think of a way you can live out forgiveness this week and do it. If you don't know how to forgive; the FREE prayer below can help you (taken from Watermark Church: Re:Generation Recovery Workbook)

- Face the truth of the sins against you and grieve the hurt
- Release your wounds to God and ask for healing
- Entrust your claims for justice to God
- Exalt God for offering peace through Christ to all

Dear God, I am **F**acing the truth pf how I have been hurt by (*list the offense*). I know You are aware of my suffering and care about my pain. Please heal me; I am **r**eleasing my wounds to You LORD. Your judgments are perfect. You want all of us to repent of sin to receive forgiveness through Christ. So, I choose to forgive (*name*). I **e**ntrust my claims for justice to You. I surrender my rights, apologies, paybacks, bitterness, or using this sin to my advantage. These debts are now Yours. Your justice for sin is perfect; I accept it as my own. Jesus, I **e**xalt You for becoming a peace offering to the world-especially me and the one who hurt me! He me Jesus love (*name*) with Your love by Your strength. **Amen**