

THE GRUDGE

FORGIVING MYSELF – WEEK 4

Small Group Time:

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with key questions, add any optional Scriptures and questions if needed, and then wrap up by deciding on your next steps.

Main Idea:

This series is all about forgiveness. We have a tendency to carry painful parts of our past with us: resentment against people who've hurt us, mistakes we've made, or even bitterness toward God. This series will show us how to recognize the grudges we're carrying against others and ourselves, and how the pain we hold on to weighs us down and keeps us from stepping into the freedom that God has for us. Each week of "The Grudge" will teach us how to let go of the past for good and embrace true forgiveness for the future.

Key Questions:

1. Is it easier for you to forgive yourself or other people?
2. Think about a time when you felt guilty. How did that guilt affect you?
3. What are some ways you could start viewing guilt as an opportunity to grow closer to God?
4. Read **2 Corinthians 7:10**. What are some differences between shame (worldly sorrow) and guilt (Godly sorrow)?
5. What guilt have you been carrying? Be willing to get honest with your group!
6. Why do you think it's so hard to forgive ourselves when we've messed up? Why does Satan want to keep you attached to your shame? What can you do to start forgiving yourself?
7. What steps could you take this week to let go and accept God's forgiveness?

Next Steps:

- What's one thing you will do this week as a result of something you learned from this message?