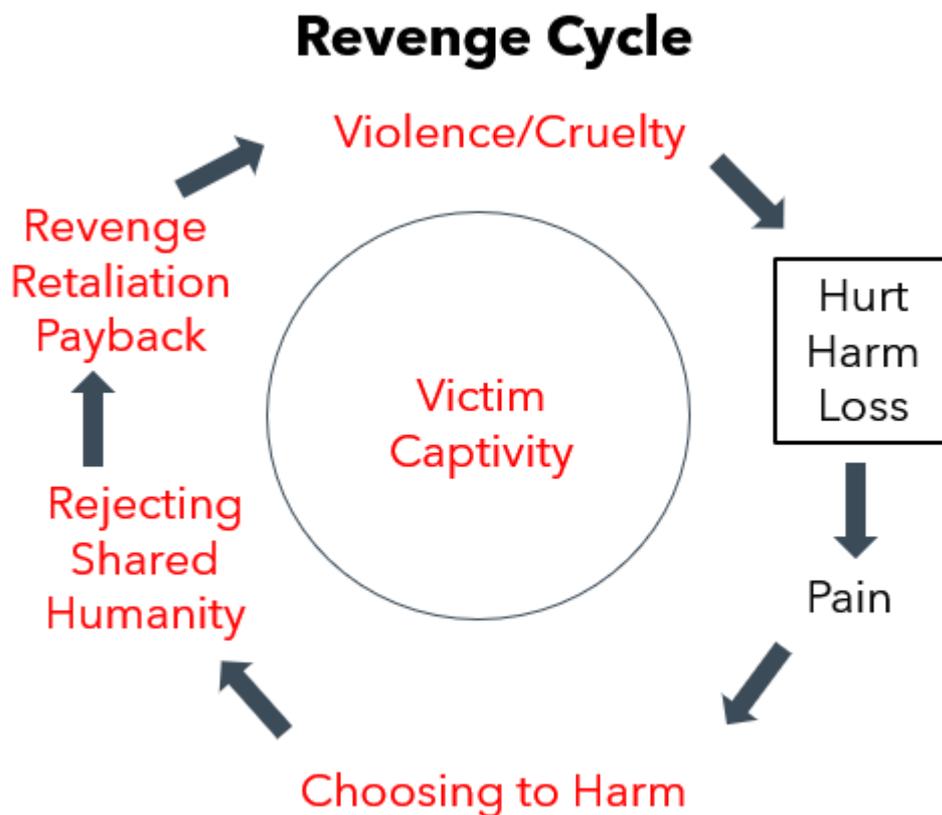


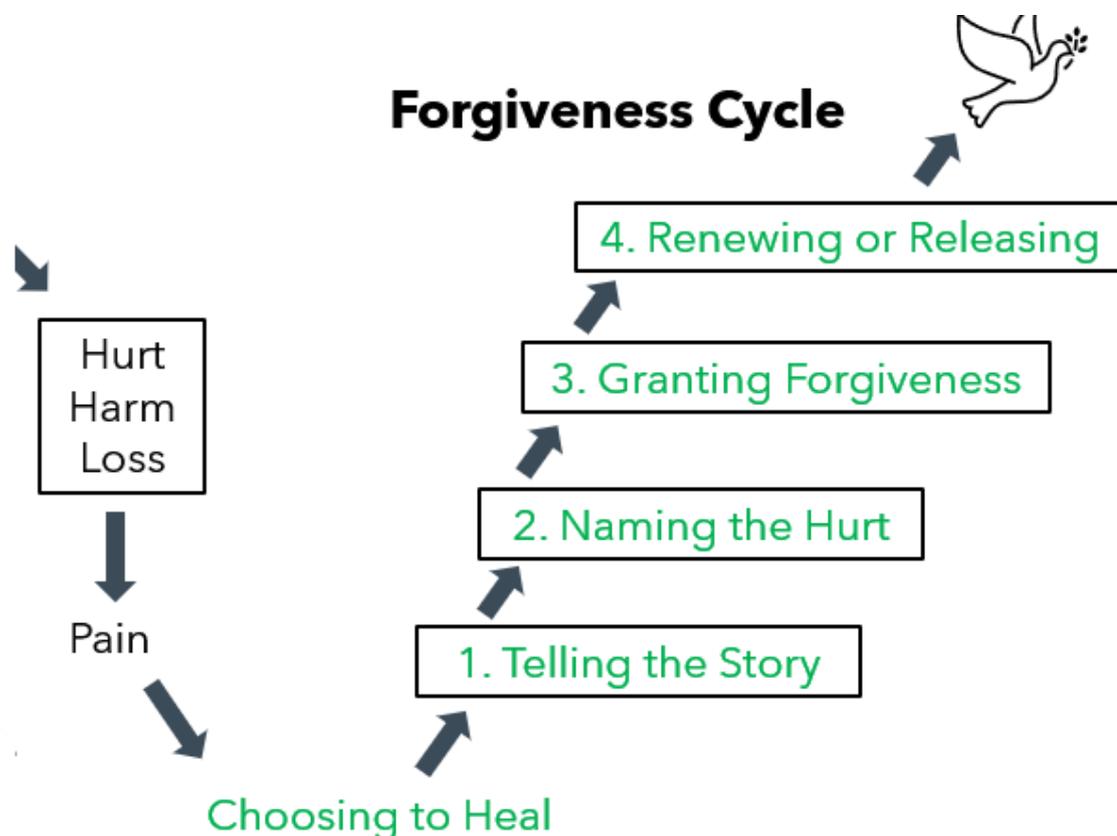
## Small Group Questions on Practicing Forgiveness 7/4/24

Background – Following Glyn’s sermon in January on Forgiveness which summarised the biblical teaching as “forgive as Christ forgave us”. The sermon on Sunday was an exploration of how to practice forgiveness based on the Book of Forgiveness by Desmond and Mpho Tutu. The focus of the sermon was on personal forgiveness though reference was made to the many other dimensions of forgiveness with groups, institutions, communities, and nations.

- 1) How are you at practicing forgiveness? Are there sorts of forgiveness you find easier or harder?
- 2) In the sermon on Sunday, we learnt about the Revenge Cycle which we enter after being hurt, is this something you have experienced when you have been hurt?



- 3) We also learnt about the forgiveness cycle, and how we can choose forgiveness, was this helpful? Have you had experiences where you have chosen to forgive?



- 4) Do the 4 steps make sense to you and are there steps which you find more difficult?
- 5) Are there other tips or practices that you have found helpful to proactive forgiveness?
- 6) When we looked at the final step and the choice to Release or Renew the relationship, the sermon recognised that this is an area where the wider church has made mistakes. The guidance offered was as follows. Does this resonate with you?

Renewing – It is really important to understand what Renewing is not because the wider church has often got this wrong.

Renewing is not restoring the relationship; we can't go back before the hurt

Renewing is not forgetting and pretending the hurt did not happen

Renewing does not mean the person who hurt us is excused from the consequences of their actions

Renewing a relationship cannot and must not put you or other people at risk of harm

- 7) There are many scriptures passages on examples of forgiveness which you may want to consider. Joseph forgiving his brothers – Genesis 45:1-15 and Genesis 50:15-21. Please feel free to chose other passages. ( Jesus and Peter John 21, David and Bathsheba 2 Sam 11:1-27, 12:1-15 Psalm 51, Prodigal Son Luke 15, Jesus on the Cross and more)
- 8) Do you think you are getting better at forgiveness? Do you think God is prompting you to become better at practicing forgiveness? If so, how can you respond to this prompting?
- 9) The sermon recognised that all Christians have been called to a Ministry of Reconciliation, sharing God's love with others but also recognised that Christians are called to help bring reconciliation wherever this is needed, following Christ's command to be peacemakers. Do yu feel you can help others to walk the path of forgiveness?