

SERMON DISCUSSION QUESTIONS

GETTING OVER IT WEEK 2

*While anyone can take time to answer these questions individually, these questions are best discussed in a group! Not in a group yet? We want you in one! Head over to **southeastchristian.org** to join a group in person or online, wherever you are - today!*

How would you define forgiveness? We talk about it a lot, but what does it look like in practice? Looking back at your own life, how do you know when you've forgiven someone? How do you know when the timing is right to forgive someone? If you had to describe it, what would you say forgiveness feels like?

Read Ephesians 4:25-32. As you've reflected over this text since last week, what has stood out to you? Is there anything different you notice as we read it through this time? How does bitterness and anger choke out the work of the Spirit in our lives? In what ways are they the opposite of the "Fruit of the Spirit" (Gal. 5:23-24)?

As Kyle said, while we all like the general idea of forgiveness, it's harder to practice the specifics of it. Why do we respond better to the general idea of forgiveness but struggle to put it into practice? What are some of the loopholes we look for? Why is forgiveness better in theory than it is in practice?

Looking back, has there ever been a situation you thought was so bad only to realize that you shouldn't have been offended in the first place? What was that like? Why were you so upset in the moment? How do you evaluate whether or not something rises to the level of an offense or hurt?

Read 2 Timothy 4:14-18. How did Paul's focus on God help him to move past the times when he had been offended? In what ways does trusting in God's judgment and power help us to forgive those who have wronged us? How can giving those offenses over to God help us get over them?

Luke 6:27-28 tells us to "Pray for those who hurt you." As you close up your Group time, think of someone who has hurt or wronged you (you don't have to share the name with your Group if you don't want to!). Close in prayer by putting this verse into practice and praying for that person.