

ORIGINAL INTENT

Week 4

Look Back:

What did you learn your body is signaling about your need for mental, emotional and spiritual rest? What did you do?

Look Up:

Read [Matthew 6:10-15](#) and [Mark 11:24-25](#)

1. What does Matthew say is the relationship between God's kingdom and forgiveness? How does this compare to what people often think is true of God's kingdom on earth?
2. How easy is it for you to see your forgiving another person as doing the will of God? What helps you, or keeps you from seeing your forgiveness as doing God's will?
3. Why do you think Jesus mentions "temptation" and "evil" with His teaching about forgiveness? What point do you think He was trying to make?
4. What do these verses say is the connection between offering and receiving forgiveness? How has this been true in your life?

Read [Matthew 18:21-22](#) and [Ephesians 4:30-32](#)

5. How would you explain Jesus' answer to Peter to a person who is not a follower of Jesus? What does Jesus' answer say about the importance of forgiving others?
6. What emotions are mentioned in the verses from Ephesians? Which of these are linked to forgiveness and which are not? Why?
7. What is the connection between the "Spirit of God" and our forgiveness of others? Have you ever found spiritual restoration when you forgave yourself or others?

Overall (Discovery Bible Study)

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

Look Ahead:

Consider if your body, mind and emotions are being impacted by old traumas. Is there anything in your history that makes it hard for you to forgive? Who do you need to forgive right now?

Notes

Followers of Jesus are given spiritual strength and connection to our Creator, with direct access to God through the Holy Spirit. Following Jesus Christ means following His teaching and example of sacrificial love in forgiving those who may have harmed us. Doing this is key to our being restored to spiritual innocence.

Resources:

[ACEs Quiz](#)