

Study Guide

Sunday August 30, 2020

“Letting It Go”

1. → Matthew 18:21-35

Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?” Jesus answered, “I tell you, not seven times, but seventy-seven times . . .

2. Points to Remember

- A. The first step toward forgiveness is to acknowledge our own emotions.
- B. Ignoring or denying an offense is not the same as forgiving it.
- C. Remembering our own mistakes helps us find compassion for others.
- D. It takes humility to live a life free from judgementalism.
- E. Forgiveness is not about being proved right, but about healing.
- F. Some healing never comes until we choose to let go.

3. Bible Verses

Psalms 139:23-24	Search me, God, and know my heart
Ephesians 4:31-32	Get rid of all bitterness, rage and anger
Romans 2:1	You who pass judgment do the same things
1 Timothy 1:15	Christ Jesus came into the world to save sinners
Colossians 3:13-14	Forgive as the Lord forgave you
Mark 11:25	If you hold anything against anyone

4. Discussion Questions

- A. Why is it so hard to admit when we have anger or resentment?
- B. In what areas is it hardest for you not to judge people?
- C. Is there a time in your life when you learned the importance of forgiveness?