

RELATIONSHIPS: HEALING

As a cell group, share a couple of moments where you have felt hurt by someone (don't use names).

Why do you feel that situation hurt you so much?

ISAIAH 53:3-6; 7-9

What kind of pain and suffering did this prophecy say Jesus would endure?

How does his suffering compare to our pain and suffering?

What was Jesus' response to this suffering?

ROMANS 5:8

Even though we sinned against God, and our sin causes Him pain, what was his response to us?

Knowing that Jesus has forgiven our sins, how should we respond to our own sin? How should we respond to the sin of others against us?

MATTHEW 5:39-46

EPHESIANS 4:31-32

What does the bible say our response should be when we are hurt by others?

Why should we forgive someone else?

Have you personally accepted the forgiveness of your sins from God?

If not, why haven't you?

If yes, do you think it's fair for God to ask us to extend the same forgiveness towards others?

APPLICATION

How can you show forgiveness to those who have hurt you in the past?

What about in the future? How will you respond?

Take some time in small groups to pray for God to help us forgive others who have harmed us.