GROUP QUESTIONS

1. **ICE BREAKER: If you got together with your extended family, would it be (1) cool! (2) comforting (3) crazy (4) chaotic (5) crippling (6) all of the above?**

2. **Read the following "healing choice" and then respond to the question:**

   ▶ CHOICE 6: **REPAIRING RELATIONSHIPS**

   Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others when possible, except when to do so would harm them or others.

   "Blessed are the merciful, for they will be shown mercy... Blessed are the peacemakers, for they will be called children of God."
   Matthew 5:7a; 5:9 NIV

   Question: It has been said that "Forgiveness is a strange thing. It can sometimes be easier to forgive our enemies than our friends. It can be hardest of all to forgive people we love" - Fred Rogers (a.k.a. Mr. Rogers). Do you agree or disagree? Why?

DAY ONE **PSALM 32:1-5**
DAY TWO **PSALM 9:7-10**
DAY THREE **PSALM 27:7-14**
DAY FOUR **ROMANS 5:6-11**
DAY FIVE **HEBREWS 12:1-3**
DAY FIVE **PROVERBS 3:1-8**
DAY SEVEN **PHILIPPIANS 4:4-9**

3. **Consider another quote: "Forgiveness isn't approving what happened. It's choosing to rise above it." Agree? Disagree? Why? Any personal experiences about forgiveness you could share?**

4. **As we let God lead us into what may be a very uncomfortable process of forgiving and/or making amends, how do Jesus' words in Matthew 11:28-29 NIV impact you? ("Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.")**

5. **As we wrap up these three weeks, here's a simple tool to help us connect with our feelings and share them with God and others:**

   "H.E.A.R.T. Check"

   ▶ **H**urting?

   ▶ **E**xhausted?

   ▶ **A**ngry/Anxious?

   ▶ **R**esentful?

   ▶ **T**ense?

   Using this tool daily can welcome God into our hurts, hang-ups, and habits. Right here and now, where is your heart? Consider inviting a trusted friend and/or your group into what you're feeling for prayer and support.