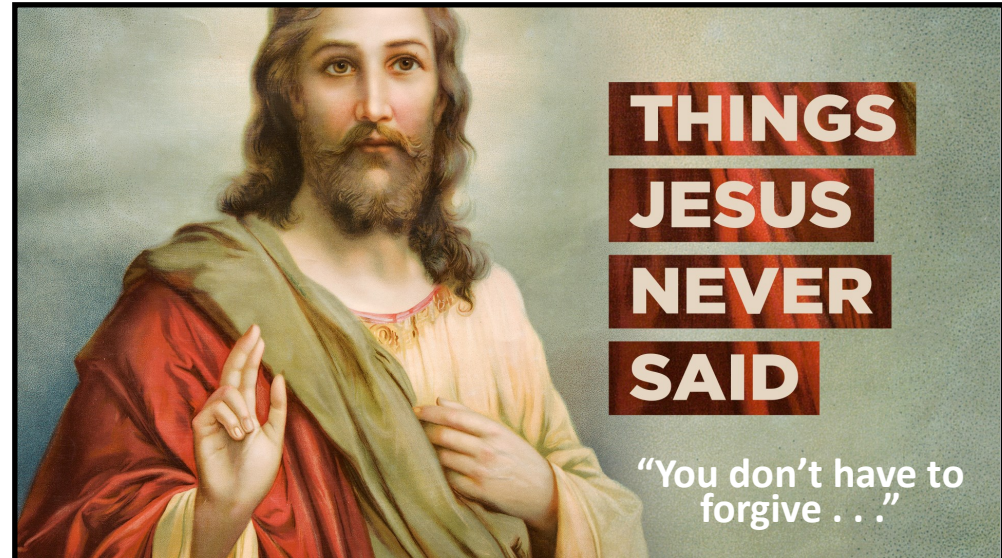


**Sermon Notes**

Sunday Sept 12, 2021

Pastor Adam Christian | First Covenant Church, River Falls | [www.rfcov.org](http://www.rfcov.org)



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## Go Deeper . . .

Use these questions for further study individually or in a small group

1. What kind of behavior is most annoying, frustrating, or offensive to you? Are there certain things you have an especially hard time forgiving? Are there certain people or kinds of people you find hard to forgive?
2. Why are grudges hard to let go of? What seemingly positive things do we “enjoy” about nursing a grudge? What might you lose if you let go of a grudge?
3. Why do we sometimes experience a strong emotional response to the command to forgive?
4. What is the long-term fruit of clinging to unforgiveness?
5. Does forgiveness mean denying hard parts of your story or the reality of harms which you have suffered? Why is naming our hurt an important part of healing and forgiving?
6. Read Matthew 5:23-24, 43-44, & 6:9-14. All these verses come from a single sermon of Jesus. What does he teach about forgiveness? Why does forgiveness matter so much to God?
7. Read Colossians 3:13. What conditions are placed on whether or not we should forgive someone?
8. Prayerfully invite the Holy Spirit to examine your heart and life to see if there is any unforgiveness in you (praying Psalm 139 can be a helpful exercise). If God reveals a grudge or place of unforgiveness, pause, and then confess. Pray for Jesus to give you the strength and ability to move to forgiveness.

\*Talking about forgiveness can be very difficult and can bring up significant past hurts and traumas. You are not meant to struggle through this on your own, please ask for help. Counseling, Prayer Ministry, Pastoral Care, and communities of support can all play critical roles in the journey of healing, discerning healthy actions & boundaries, and forgiving.



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