

# SMALL GROUPS

## Small Group Discussion Week of February 20, 2011 The Forgiveness Effect Forgiving Ourselves

1. Why can we freely tell others about God's forgiveness and confidently assure them that all their sins are washed away because of Jesus, and still have a hard time forgiving ourselves?

**Read:** Matthew 18:21-35

2. Why is God so serious about us forgiving others? Do you think this also reflects on how we should forgive ourselves?
3. Our human tendency is to think we earn forgiveness by doing good things. What does the Bible teach about the source of forgiveness and how we get it? (Ephesians 2:8-9 and 1 John 4:10)

**Read:** Romans 7:7-24

4. How does the apostle Paul describe his own battle with sin and his efforts to do what is right and holy in God's sight?
5. How have you experienced similar feelings as you seek to follow Jesus and walk away from old habits and sins?
6. What is one battle with sin you are facing right now and how can your group members pray for you and encourage you to follow Jesus and resist temptation?

**Read:** John 3:16 and John 15:13

7. According to these passages (and the rest of the Bible), how does God feel about us and what He has done to prove the depth of His love and the reality of His forgiveness?
8. If we refuse to forgive ourselves and we live with self-hatred and judgment, what are we saying about the gift of Jesus' sacrifice on the cross and the Father's willingness to forgive us?
9. What can we do to extend grace to ourselves on a daily basis?