






	<p>RELATIONSHIPS: Life on the Other Side of you - Forgiveness</p>
 <b>BIG IDEA</b>	<p>Unresolved pain surfaces in unhealthy ways and impacts current relationships.</p>
 <b>ICE BREAKER</b>	<p>What's the best piece of advice you've ever received?</p>
 <b>MAIN POINTS</b>	<ul style="list-style-type: none"> <li>● Unresolved emotional pain can have damaging effects over time, impacting how we interact with others and handle current relationships.</li> <li>● True healing begins with acknowledging the reality of our pain. Denying or hiding it prevents us from managing and resolving our emotions.</li> <li>● Forgiveness is both a decision and a process. It involves recognizing the need to forgive, working through the impact of the pain, and understanding that the process can be challenging but necessary for personal peace.</li> </ul>
 <b>DISCUSS</b>	<ol style="list-style-type: none"> <li>1. What most stood out to you from the message this weekend?</li> <li>2. How would you define forgiveness?</li> <li>3. Jesus asks, "Do you want to get well?" What are some reasons people might resist forgiveness and healing? Have you ever found yourself in that position?</li> <li>4. How does unresolved emotional pain accumulate over time, and what are some signs that it might be impacting your relationships?</li> <li>5. Of the three practical steps to confronting our pain: 1) Acknowledge it 2) Bring it to God 3) Seek Community which is the hardest for you? Why?</li> <li>6. The speaker mentions that "forgiveness isn't forgetting." How can we remember past hurts without harboring anger or seeking revenge?</li> <li>7. Reflect on the question, "When you villainize others in your story, is it possible you could be the villain in someone else's story?" How can this perspective shift impact your approach to forgiveness?</li> </ol>
 <b>NEXT STEP</b>	<p>Who do you need to forgive or ask forgiveness of? What's something you can do this week to take a step towards that?</p>
 <b>SCRIPTURE</b>	<p>Ephesians 4:32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.</p> <p>Luke 6:37 - Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven.</p>
 <b>NEXT WEEK SNEAK PEAK</b>	<p>Join us next week as we continue this series on relationships called RELATIONSHIPS: Life on the Other Side of You. Come join us and bring a friend!</p>

Questions or Feedback? Email [Groups@CentralAZ.com](mailto:Groups@CentralAZ.com)