



VALLEY REAL LIFE

Letting Go, Pressing On | Forgiving Those That Hurt You

Last Week

Did you come up with a new identity for yourself after last week's lesson?

Opener

Think of a time when it was hard to forgive someone. As you reflect, what was it about the incident or person that made it so difficult for you to forgive that person?

Questions

What was an apology you've had to ask for that was tough? Do you recall the reason it was tough? How did you come to the decision it was better to apologize than not to?

Why do you think that we're called to be forgiving to others as followers of Jesus?

Since we know that Jesus has forgiven us through his ultimate act of sacrifice on the cross, why do you think we're still asked to come to Him in prayer and ask for forgiveness for our sins?

What do you think Jesus meant when he said we are to be Peacemakers? How would that impact our community if we created an environment of forgiveness?

Apply SOAP (Scripture, Observation, Application, Prayer) to:

Matthew 18:21-22 (NLT)

Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" "No, not seven times," Jesus replied, "but seventy times seven!"

Read the verses out loud together,

- *Share your observations,*
- *Discuss Application*
- *Close in Prayer*

Next Steps:

What is something we can pray about to help you forgive someone or ask for forgiveness?