



# DISCUSSION GUIDE

**PART 3: Forgiveness VS Bitterness**

**DATE: 02-27-2022**

## START

Sin makes relationships difficult. Sin is missing the mark on living the way God created us to live. Sin creates gaps in relationships that if they are not resolved leads to bitterness, resentment, and hate between those involved in the relationship. God calls us to seek reconciliation between those that have hurt us and to those that we have hurt.

- When has sin, acted out by you or someone else, affected one of your relationships?
- What were the emotions that arose out of the hurt you experienced?
- Were you able to forgive or seek forgiveness in this relationship? How?

## READ

[1 Samuel 24:12](#) (NIV)

“May the Lord judge between you and me. And may the Lord avenge the wrongs you have done to me, but my hand will not touch you.”

## THINK

David seeks out Saul’s remaining family to show them kindness. The word used, hesed, refers to a completely undeserved kindness or generosity. David seeks out Saul’s family to seek reconciliation, offer forgiveness, and to close the gap between the relationship of David and Saul’s family. We are also called to seek this kind of forgiveness and reconciliation with the people we have wronged or have been wronged by.

- Who do you need to seek out and show kindness towards?
- How does kindness and forgiveness bring healing to relationships?
- How does showing kindness and seeking reconciliation bring glory to God?

Forgiveness brings healing to a relationship. It brings healing to our lives and frees us from bitterness. It can bring healing to the offender’s life by setting them free of guilt and shame. Forgiveness isn’t forgetting about what happened, but forgiveness is moving forward despite what has happened and treating everyone as equal. Realizing that everyone is made in the image of God and is worthy of His love.

- How does not forgiving breed bitterness, guilt, and shame?
- What makes forgiving or seeking forgiveness difficult?
- Who do you need to forgive?

## PRAY

“God, this week help me to seek out those I need to forgive or ask forgiveness from. I know this will be difficult. Give me the peace of your presence and empower me to seek forgiveness and to offer forgiveness.”

## ACT

This week, take a step to forgive someone that has wronged you or to ask for forgiveness from someone you have wronged.

[Discover Hope](#) | [Next Step](#) | [Serve](#)



**ONE CHURCH. RIGHT WHERE YOU ARE.**