

## Spiritual Growth Questions for March 21, 2021

**Opener: Where do you see God working in your life right now? What has God been teaching you this week?**

1. Why is forgiveness important according to the message this week?
2. **Read Ephesians 1:7, Acts 10:43, Luke 5:21, Psalm 130:4.** What is forgiveness? By whom and how is it granted? Why is it so powerful?
3. **Read Exodus 34:6, Nehemiah 9:17.** How do these verses describe God and his posture towards forgiveness with to his people? **Read Colossians 3:13, Ephesians 4:32.** How do these NT verses describe what our posture should be towards forgiving others?
4. **Read I John 1:8-10, 3:20, Hebrews 13:15.** Why do you think it is important to keep short accounts? How would you apply I John 1:8-10 and I John 3:20 to your life? What is danger is there in holding onto bitterness?
5. How can we pray for each other in this area in our lives?
6. Spend some time praying for each other and our upcoming Easter outreach, Good Friday service at 7pm and Easter service!

**II. Read the following scripture: Matthew 18:21-35.** Read this passage and apply the S.O.A.P. study method.

**Scripture:** Read the passage three times with an open heart and ask the Lord Jesus to speak to you.

**Observation:** Write down what you see in this passage. Make as many observations as you can.

**Application:** Write down how you will be different because of what you have just read. Look for lessons to be learned, examples to be followed and promises to be enjoyed. How is Jesus revealed?

**Prayer:** Write out a short prayer.

Dear Lord Jesus, thank you that by your shed blood on the cross, I am forgiven. I realize this is a tremendous gift that I have received. I ask you to help me to forgive others who have hurt me like you have forgiven me. Please root out any unforgiveness or bitterness in my soul. I want to forgive like you have forgiven me. Forgiven people forgive people. PTL

## HOW TO GET OVER A HURT March 21<sup>st</sup>, 2021 Chuck Wysong

If you were asked to name a person who has hurt you in your lifetime, it probably wouldn't take you too long. Unfortunately, usually this person is someone who is closest to us. The question is, "How do you get over a hurt." Many times a hurt can turn into resentment and then into bitterness and if you don't watch out before you know it you feel like you can never get beyond it. The good news is Jesus taught us a prayer, that if we apply it to our lives, can unlock the key to freedom over our hurts. Praying for all of you and may God give us victory in this area of our lives.

*"This, then, is how you should pray: 'Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us of our debts, as we have forgiven our debtors.'"*

**Matthew 6:9-12**

### 1. Why Forgive?

*"Forgive us our debts, as we have forgiven our debtors. For if you forgive others when they sin against you, your heavenly father will also forgive you."*

**Matthew 6:12,14**

\* God \_\_\_\_\_.  
". . . Be ready to forgive, never hold grudges.  
Remember, \_\_\_\_\_, so you must forgive  
others."  
**Colossians 3:13**

\* Resentment \_\_\_\_\_  
"Resentment kills a fool."  
**Job 5:2** says,

"You are \_\_\_\_\_ with your anger!"  
**Job 18:4**

\* I'll need \_\_\_\_\_

"When you are praying, first forgive anyone you are  
holding a grudge against, \_\_\_\_\_ your Father in  
heaven will forgive you your sins too."  
**Mark 11:2**

## 2. How to Get Over a Hurt

\* Never \_\_\_\_\_!

"Don't take it on yourself to \_\_\_\_\_.  
Trust the Lord and  
he  
will make it right."  
**Proverbs 20:22**

\* Keep \_\_\_\_\_

"Don't sin by nursing your grudge. Don't let the sun go down  
with  
you still angry -- \_\_\_\_\_."  
**Ephesians 4:26**

"... \_\_\_\_\_ with your brother. . ."  
**Matthew 5:24**

\* Forgive them \_\_\_\_\_

". . . Forgive each other \_\_\_\_\_ as God forgave you in  
Christ."  
**Ephesians 4:32**

\* \_\_\_\_\_ to them.

" \_\_\_\_\_ your enemies, \_\_\_\_\_ to those who hate you,  
\_\_\_\_\_ those who curse you, and \_\_\_\_\_ those who  
mistreat you ... you will have a great reward. . . "  
**Luke 6:27-28, 35**