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# LifeNotes

12 February 2017

Session IX Week 5

## *Week 2: The Motivation of Forgiveness*

Hebrews 9:22-28, Matthew 6:9-15

### ***Getting Started...***

***Before you start, ask someone to pray for the facilitator who will guide the discussion.***

**Icebreaker:** If you could function without sleep, what would you do with your extra time?

What is one idea from the message that really stood out to you? Why did this grab your attention?

Read Hebrews 12:15

Some people experience outbursts of anger. Others seek revenge. How can the bitter gnawing away of a bitter heart be even more deadly than those responses?

What is the outcome when this happens in your church family?

Sometimes, we want people to sympathize with us and our hurts. Why do you think so many of us are content to wallow in self-pity when the release of forgiveness is possible? Have you ever "been there"?

**More....**

Read James 5:15-16

This scripture is often used when discussing physical healing. What about the soul-sickness caused by unforgiveness?

Do you think that unforgiveness is a sin? Why or why not? Tell about a time when you have struggled with either giving or receiving.

Do you agree that before healing can come, you must acknowledge that you've been hurt?

What characteristics in your life might indicate that you haven't fully forgiven past hurts, even when you know what you need to do?

**Taking It Home...**

Are you trying to forgive in your own power?

This week, find a mature, caring, and praying Christian friend... share your struggles to forgive. Pray for your heart to be healed.

**Daily Readings**

Day 1		Leviticus 17:11-12
Day 2		Matthew 6:9-15
Day 3		2 Corinthians 5:17-18
Day 4		John 10:10
Day 5		Hebrews 9:22-28
Day 6		Matthew 6:28-29
Day 7		Ephesians 2:1-6