

# Life Group Discussion Guide

Healing Well - Week 3 November 15, 2020

## ANNOUNCEMENTS

The church building is closed for large group gatherings (including Sunday Watch Parties) until further notice.

## LEADER NOTES

Licensed counselor, Connie Baker, teaches about forgiveness after experiencing hurt and trauma. Forgiveness can be difficult to process, especially in a group setting. Try to refrain from offering advice after someone has shared. Practice the art of listening.

## QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time, caught your attention, challenged you, or confused you?

## THIS WEEK'S TEXT

Read on your own: **Genesis 37-47**

### Matthew 18:21

Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" 22 Jesus answered, "I tell you, not seven times, but seventy-seven times.

### Ephesians 4:32

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

## LOOK UP

Read Genesis 44. What do you believe was the main motive behind Joseph's silver cup trick? Do you think it achieved what he was hoping it would? Was it helpful for him on his journey of forgiveness?

## LOOK AROUND

Have you previously linked forgiveness and reconciliation as being mutually exclusive? How does understanding that you can forgive without reconciling make you feel? Why?

Have you ever forgiven an offense too early in the process of healing? How did you know?

Are you holding onto bitterness about an offense, unwilling to forgive someone? What is holding you back from forgiving? What is a step you could take toward healing/forgiveness?

Share about a time you forgave someone.

## LOOK AHEAD

### Colossians 3:13

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

What do you think it means to bear with each other?

## PRAYER

Ask God to reveal to you areas of unforgiveness in your life and ask for his help to move toward healing.