

Discussion Guide



Summer 2010 Sermon Series
<http://www.rbcpc.org/spiritual-apps/>

“Transformed by Forgiveness”

Week # 8, August 28/29, 2010

1. **Scriptures:** Matthew 6:9-15, Mark 11:22-25, free mobile Bible apps available:
 - iphone: visit App Store, ibible or Bible: Life Church YouVersion
 - blackberry/droid: visit App World, Bible: Life Church YouVersion

2. **Sermon:** “Transformed by Forgiveness” Pastor Bruce Humphrey,
<http://www.rbcpc.org/about-us/sermons/>

Reading Resource: www.amazon.com/Life-Youve-Always-Wanted-Disciplines/
Practicing the Spiritual Apps: www.rbcpc.org/small-groups/

3. **Study resources**

- Primary: John Ortberg, *The Life You’ve Always Wanted*, Chapter 8 (linked to Confession)
- Secondary: Richard Foster, *Celebration of Discipline*, pg. 146-157.

4. **Study Guide** <http://www.rbcpc.org/spiritual-apps/>

5. **Blog** <http://spiritualapps.blogspot.com/>

Looking ahead:

Join us for three Wednesday Workshops this Fall as we apply three of the apps we have learned this summer to the **Gospel of John:**

Sept. 22: Spiritual App of **Study** – Bruce Humphrey

Sept. 29: Spiritual App of **Meditation**– Kathy Wesley

Oct. 6: Spiritual App of **Service**– Ray Sparling

Wednesday evenings, 7:00 – 8:00 p.m., RBCPC Sanctuary

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Scripture References

Read and reflect on the following scriptures. What do they say to you about the practice of *forgiveness*?

Matthew 6:9-15

"Pray then in this way: Our Father in heaven, hallowed be your name. ¹⁰ Your kingdom come. Your will be done, on earth as it is in heaven. ¹¹ Give us this day our daily bread. ¹² And forgive us our debts, as we also have forgiven our debtors. ¹³ And do not bring us to the time of trial, but rescue us from the evil one. ¹⁴ For if you forgive others their trespasses, your heavenly Father will also forgive you; ¹⁵ but if you do not forgive others, neither will your Father forgive your trespasses.

Notes:

Mark 11:22-25

Jesus answered them, "Have faith in God. ²³ Truly I tell you, if you say to this mountain, 'Be taken up and thrown into the sea,' and if you do not doubt in your heart, but believe that what you say will come to pass, it will be done for you. ²⁴ So I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. ²⁵ "Whenever you stand praying, forgive, if you have anything against anyone; so that your Father in heaven may also forgive you your trespasses."

Notes:

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Sermon

Key Words: ***Forgive – Trust – Prayer – Betrayal – Blessing***

1. ***“...we sometimes claim God isn't hearing our prayers, when the problem is our own difficulty with unforgiveness. Jesus warned that bitterness always injures our connection with God. In fact, bitterness in one area of life kinks the hose of prayer so effectively that nothing can get through. Even prayers in completely unrelated areas are impacted.”***
Bruce Humphrey.
2. Why is it so difficult for us to forgive?
3. What was the ultimate model for forgiveness that Jesus showed?
4. Do you think you could forgive someone for killing a loved one? What steps might you have to take to do so? Why would you even want to?
5. What does forgiveness do for the *giver*? For the *receiver*?

Scripture

6. Read the Matthew 6:9-15 scripture. In these six verses about prayer, Jesus mentions forgiveness in three of them. What does this say to you about what you should emphasize when you pray *The Lord's Prayer*?
7. What is Jesus' ultimatum? How do you respond to it mentally? Emotionally? Are the mental and emotional responses different? Share your thoughts with Jesus.
8. Read the Mark 11:22-25 scripture. Jesus directly links prayer and forgiveness. What does this say to you about the kind of relationship God want to have with you?
9. How is faith in God linked to forgiveness? Can a person truly “believe” without forgiveness? Discuss.
10. What does the Mark passage say to you about the life Jesus wants for you?

Study Resource

11. ***“Many of us struggle, not so much with understanding the message of forgiveness, but with living in the reality of it.”*** p. 129, *The Life You've Always Wanted*. What is the reality of forgiveness? Why is this a struggle?
12. Why does God want us to forgive in order to heal our relationships? What would our relationships look like if there was no forgiveness?
13. What is it about forgiveness that enables us to face a life with hope?
14. What does the act of forgiving someone else do to heal your relationship with God? With others?

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Life Applications SPIRITUAL APP: Forgiveness

Think about what you are trying to achieve through the discipline of *forgiveness* - keep that in mind as you go through this section.

This marks the last of the series “Spiritual Apps for the Life You’ve Always Wanted.” If you have been following the series you may have noticed that the apps (disciplines) build upon each other. Being a disciplined follower of Jesus is not easy! Different times of your life will require different apps – hopefully you have found this series to be helpful as you seek transformation through your relationship with Him!

Personal:

Read and reflect on: *The Four Promises of Forgiveness:*

1. "I will not dwell on this incident."
2. "I will not bring up this incident again and use it against you."
3. "I will not talk to others about this incident."
4. "I will not let this incident stand between us or hinder our personal relationship."

From: [The Peacemaker: A Biblical Guide to Resolving Personal Conflict](#), by Ken Sande (Updated Edition, Baker Books, 2003).

Do you have someone you need to forgive? Practice each one of the four steps, perhaps by writing them down, inserting the person/incident into the steps. Ask Jesus to help you.

Small Group:

Review the Spiritual Apps we have studied this summer:

Solitude, Study, Meditation, Service, Confession, Faith, Patience, Forgiveness

1. Go around the room: each person in the group take one of the apps and give a brief summary of what it is.
2. Go around the room a second time: each person pick one of the apps listed above and share their experience of using that app.

Pray:

Personal: Ask Jesus for the ability to forgive - know your prayer will be answered!

Group: Form a circle, clasping each others hands. Pray together that each may be empowered by the strength of the group, in Jesus name, to forgive. As you finish your prayer, unclasp your hands and experience the blessing from “unkinking the hose” of forgiveness.

Kingdom: Pray that the blessings of forgiveness learned and practiced in this spiritual app would multiply beyond the walls of the church, into your homes, workplaces and neighborhoods.