



DISCUSSION GUIDE

UNCHAINED FROM UNFORGIVENESS (bitterness, resentment, anger)

GETTING STARTED

What is one thing you are thankful for this week and what is one thing we can pray for you this week?

What advice would you give other Christians who feel chained to bitterness, resentment, anger?

How have feelings of unforgiveness kept you stuck spiritually?

QUESTIONS FROM THE SERMON

1. Give two reasons why we should forgive.
2. Whom should we forgive?
3. Is there a limit to how many times we are to forgive? Does this vary upon the offense?
4. Is there someone you know that you still need to forgive? If so, do you plan to meet with this person?
5. Is there someone you know you have offended and need to ask forgiveness from? If so, do you plan to meet with this person?
6. Did you relinquish your anger towards God and/or others at the altar or is this something you are still struggling with?
7. Do you realize that not forgiving yourself is actually a form of you placing yourself on the same level as God as you try and "forgive your sins?" This is stressful and unhealthy, not to mention totally unproductive.
8. If you are still harboring unforgiveness toward someone, how long do you plan to stay in your self-inflicted prison, while the offender goes free?
9. Is the bitterness you are nurturing in your heart toward the offender worth all the happiness you're missing, and the negative impact on your health and on those around you?
10. God forgives us as we forgive others. Are you willing to take the risk and continue to not forgive just because you feel justified in your anger?
11. As a Christian, how is your unforgiveness toward others glorifying God?
12. Could today's message have been just for you? Are you grieving the Holy Spirit by choosing just to not forgive?
13. Is the person who offended you aware of the offense? Is their life in any small way being hindered, while yours may still be in shambles?
14. If Christ, who was sinless, can pay the penalty for all our sins - past, present and future, does it stand to reason that we should be willing to forgive?