

“If You Haven’t Forgotten, You Haven’t Forgiven.”

Series: *Five Lies from the Devil*

(Part 3 of 5)

Discussion Starter: When it comes to forgiveness... a) I am quick to forgive, b) I get hot, but let things go, c) I tend to hold a grudge, or d) you don’t even want to go there.

Explore: Read 1 Samuel 24:1-22.

Although a strong leader, Saul (the first King of Israel) was head strong and jealous. Saul especially felt threatened by David (an up-and-coming warrior with faith in God to boot) and began to look for an opportunity to kill him.

1. How many men went with King Saul to find David (see vs. 1-2)?
2. What did David’s men believe David should do to King Saul (see vs. 3-7)? How did David respond to his men?
3. Why was King Saul hunting David (see vs. 8-15)? Who did David believe would ultimately handle the conflict between himself and Saul?
4. Why do you believe Saul wept when he heard David’s explanation of the situation (vs. 16-22)? What does this story teach us about forgiveness?

Reflect: Review the LG and discuss the questions below.

1. Do you believe forgiveness is more difficult to *give* or to *receive*? Explain.
2. Extending forgiveness to others is not always easy. In what circumstances do you struggle to be forgiving (family, work, church, neighborhood, etc.)?
3. According to the lesson what is the three-step process for forgiveness? Summarize what it means or looks like to extend forgiveness to another person.
4. Why do you believe God places such a high emphasis on forgiveness? Can you think of a time when someone showed forgiveness toward you? How did that act impact your life?
5. What is the relationship between forgiving and forgetting? How has this lesson changed your thinking about forgiveness?
6. Read Ephesians 4:32. How will this verse affect your attitude about forgiveness this week?

Live:

As a group: Divide into groups of two or three (gals / guys). How are you doing when it comes to forgiveness? Is there someone you need to forgive but haven’t been able to do so? Explain. Is there someone you need to ask to forgive you? If so, explain. What are your next steps in this area? Pray for one another.

On your own: Stop and reflect on the forgiveness God has extended to you. Thank Him for sending His Son to pay the penalty for your sins. Next, ask God to give you a spirit of forgiveness toward others.

Listening Guide Notes

“You will know the truth, and the truth will set you free.” -**John 8:32 (NIV)**

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” -**Ephesians 4:32 (NIV)**

The truth...

1. Forgiveness isn’t optional.

^[23] “Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, ^[24] leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.”

-**Matthew 5:23-24 (NIV)**

To forgive...

- a. Identify the people who have hurt you.
- b. Determine what they owe you.
- c. Cancel their debt.

“Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.” -**Colossians 3:13 (NIV)**

2. Forgetting isn’t required.

^[21] “Then Peter came to Jesus and asked, ‘Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?’ ^[22] Jesus answered, ‘I tell you, not seven times, but seventy-seven times.’” -**Matthew 18:21-22 (NIV)**

3. Forgetting isn’t possible.

“I will forgive their wickedness and will remember their sins no more.” -**Jeremiah 31:34 (NIV)**

4. Forgetting isn’t a good idea.

“When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, ‘Do you want to get well?’” -**John 5:6 (NIV)**

“I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more.” -**Isaiah 43:25 (NIV)**