

Life's Big Questions (Week 3): Can I forgive and be forgiven?

Key Concept:

Help you understand how to forgive and be forgiven

Bible Study:

Read Mark 8-12

Coaching Points

1. Be prepared to share examples from your own life of how you have experienced forgiveness or the lack thereof.
2. Ask your friend how they forgive others and themselves. Remember, this is a journey of learning from one another so get ready to learn from your friend and their experiences with forgiveness.
3. Ask your friend if they have ever had trouble forgiving themselves? Discuss the dynamics of forgiving yourself.

One Page Outline

1. Recap: Religious and Irreligious Solutions to Life
 - a. Religious--keep all the rules to impress God and others
 - b. Irreligious--break all the rules. You are your own god and you set your own rules
2. Forgiveness in human relationships (horizontal)
 - a. Two options: vengeance or forgiveness
 - b. Illustration: Interpreter
 - c. Forgiveness takes time
 - d. We don't have delete buttons in our brains so...
 - e. The Greater the Offense, the Greater the Suffering
 - f. Put forgiveness in economic terms
3. Forgiveness in vertical relationships (vertical)
 - a. Lord's Prayer--Forgive us our debts, as we forgive our debtors

- b. Mark 8:31-34
- c. Spiritual Bank Account
- d. Mark 10:45 (ransom)
- e. Forgiving yourself