

Date:

# FIVE CONVERSATIONS FOR HEALTHY RELATIONSHIPS

What's Hurt Me.5:

## HOW WE FORGIVE

**Featured Scripture Reference:**

*Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. Ephesians 4:32 (ESV)*

*For Christ also died for sins once for all, the just for the unjust, so that He might bring us to God... 1 Peter 3:18 (ESV)*

Forgiveness does not signal trust and full healing in a relationship; rather, it simply signals the very \_\_\_\_\_ of the healing process.

**Things I want to remember from the video:**

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The wisdom in these lessons is thousands of years old and has been tried and found true by hundreds of millions of people.

**QUESTIONS FOR DISCUSSION:**

**Why do we struggle so much with the forgiveness? What do you think the sticking point is for most people?**

**When you think about a relationship in your life that needs healing, what does your next step look like? Do you need to start the journey to forgiveness? Or is that done, and you need to start the journey of trusting again?**

**WHAT? What lesson or truth do I take away from this session?**

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**SO WHAT? Why and how does this truth or take-away make any difference in my relationship(s)?**

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**NOW WHAT? What step will I take this week as a result of this lesson?**

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**How I can be remembering group members this week:**

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