

How can you turn your blocked goals into Godly goals that you and God are responsible for? Rework as many of your blocked goals into Godly goals. Ask for help if needed.

Example: Blocked goal of getting a promotion at work to Godly goal of doing my best, let God work through me at work, attend trainings to gain skills etc.)

James 1 and Romans 5 teach us that trials are designed to produce character and hope. “Through trials you can become better or bitter”.

Pray and ask God to reveal challenges or trials that he is using in your life today. List them.

Pray for His help, guidance and to have His eyes to see the situation from His perspective.

Galatians 1:10, “Am I now seeking the favor of men, or of God? Or am I striving to please men? If I were still trying to please men, I would not be a bondservant of Christ.”

What goals have become idols in your life?

What righteous anger do you have?

How is it leading to action?

Write out summary what God is teaching you this week. How can you apply this to your life? Share any examples that may come along this week.

Write any scripture here that was helpful for you this week.

Please be open and willing to share what God is doing in your life. What you are experiencing can impact others and give them hope.

In addition, if you are having troubles doing this study, need help or want to talk through something; please call someone. It could be someone in your small group, the small group leaders or other trusted friend. You are not alone.

Forgiveness Week 1 November 5, 2014
Small Group Questions

OPENING IDEAS

1. Pick 3 adjectives to describe your week-silly, overwhelming, exciting, fun, etc.
2. Ask the question and have everyone answer. “Would you rather.....Go without television or fast food for the rest of your life?”

REVIEW Touchstones and the importance of them!

CHECK IN with group on any initial thoughts from the teaching, song etc.

READ THE SCRIPTURES FIRST

Lamentations 3:40 “Let us examine our ways and test them, and let us return to the Lord.”

Psalm 139:23-24 “Search me, O God and know my heart. Test my thoughts. Point out anything you find in me that makes you sad, and lead me along the path of everlasting life”

There are many costs of unresolved anger. Share a personal example from one of the following unresolved anger consequences that you struggle with today. Be as specific as you can. This gives you an opportunity to openly state where you are sinning in this area. God forgives those who confess. 1 Scriptures to read: 1 John 1:9 James 4:10

Consequences of Unresolved Anger-

- Stress-physical problems (headaches, stomachaches, tight jaw)
- Restriction of our love-conditional love, protective or restrictive
- Become bound-thinking about offense consistently, obsessive thoughts, intrusive thoughts
- Gives Satan the door-resentment, bitterness cascade of feelings (handout on anger from class, the Biblical response)

The confessions/speaking openly about your struggle can be your prayers for the next week.

Review 3 kinds of forgiveness- God forgives us, we forgive ourselves and others.

1. God forgives us

- It happens instantly; when we repent and turn away from our sins. We are forgiven.
 - a. Read as a group **Hebrews 4: 16,**
- God gives freely- we don't deserve it but he graciously gives it to us anyway.
 - Read as a group **Romans 3:24** in NIV and Message (if you have it) **Discuss**
- God gives completely-not in stages but absolutely complete
 - Read **Romans 8:1**
- **What commonalities do you hear in all of these verses?**

2. Forgive ourselves-Just like Cathy in the example Laura shared in group

Take 1-2 minutes of quiet time so each group member can prayerfully consider this:

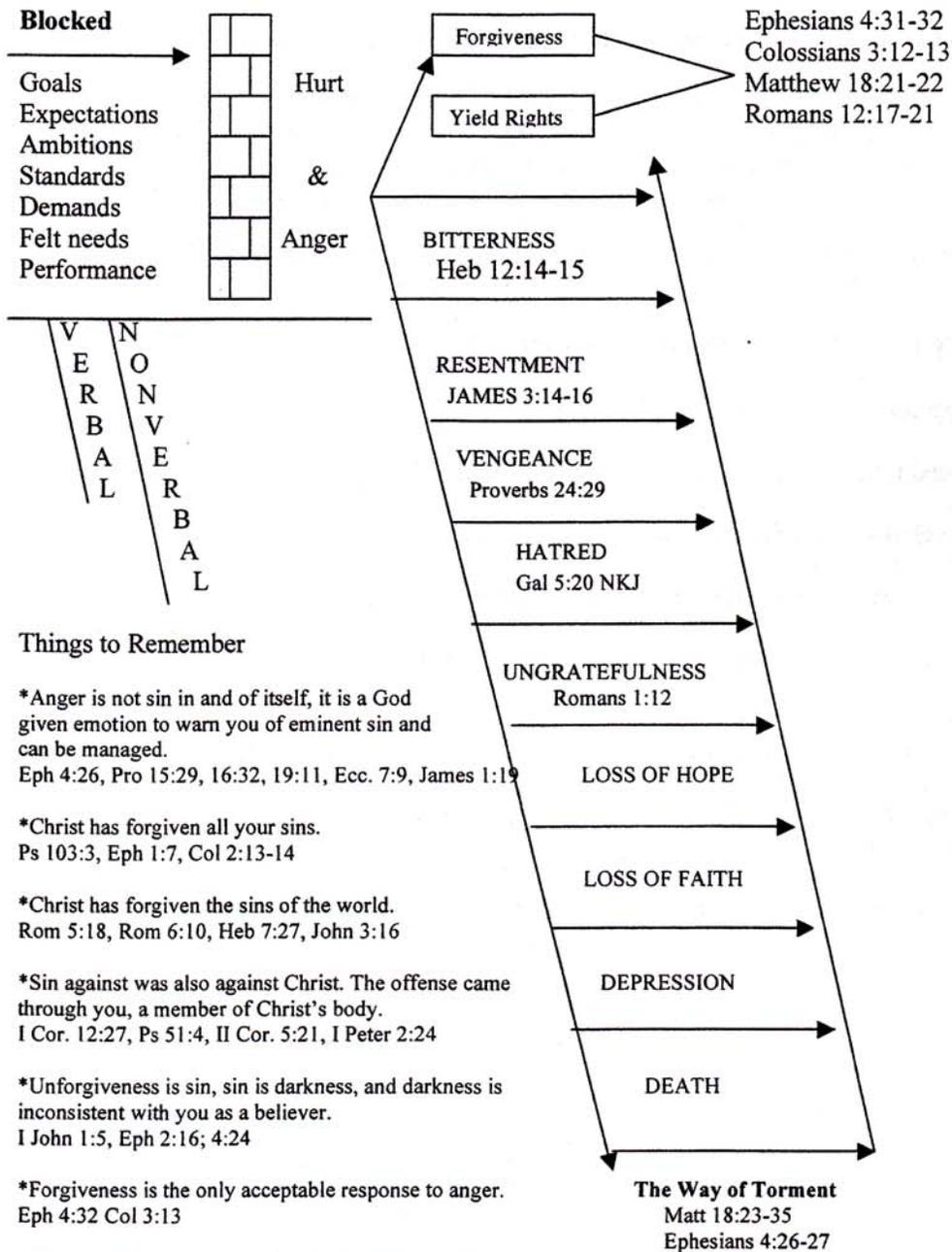
- Do you have any areas of your life that you have a hard time forgiving yourself for? Stealing, betrayal, anger, slander etc.

Closing group questions

What are you taking away from today?

What are you going to put into action this week?

Anger The Biblical Response



Things to Remember

*Anger is not sin in and of itself, it is a God given emotion to warn you of eminent sin and can be managed.
Eph 4:26, Pro 15:29, 16:32, 19:11, Ecc. 7:9, James 1:19

*Christ has forgiven all your sins.
Ps 103:3, Eph 1:7, Col 2:13-14

*Christ has forgiven the sins of the world.
Rom 5:18, Rom 6:10, Heb 7:27, John 3:16

*Sin against was also against Christ. The offense came through you, a member of Christ's body.
I Cor. 12:27, Ps 51:4, II Cor. 5:21, I Peter 2:24

*Unforgiveness is sin, sin is darkness, and darkness is inconsistent with you as a believer.
I John 1:5, Eph 2:16; 4:24

*Forgiveness is the only acceptable response to anger.
Eph 4:32 Col 3:13

*Forgiveness cannot be accomplished apart from the power of the Holy Spirit. Forgiveness is appropriating God's already complete. Forgiveness through an act of the believers will. John 15:5, Phil 4:13, Is 43:25, Mk 2:5-11. Keep in mind that offenses felt by you are not necessarily sin on someone else's part—it may be that they are blocking an unbiblical goal of your own or not meeting an expectation you have placed on them that shouldn't have been.