

This group is meant to facilitate discussion and meaningful conversations. The information below is derived from this week's outline.

Weekly Discussion Theme: Forgiveness

- **Leader shares:** Forgiveness is a powerful force that frees us from the weight of anger and resentment, creating space for healing, wisdom, and grace to take root. It isn't always easy, especially when the pain runs deep or when the person who hurt us doesn't seem to care or take responsibility. But holding on to a grudge often ends up hurting us more than it hurts anyone else. It's like drinking poison and hoping the other person will feel the effects. Unforgiveness can quietly affect our mood, our health, and even our relationships with others. When we choose to forgive, we release the grip of bitterness and make space for peace. It doesn't mean forgetting what happened or saying it was okay. It means choosing to let go so we can move forward with strength and compassion, and maybe even help others do the same.

Group shares: Have you ever had a hard time forgiving someone, and it started to affect how you felt about life or other people?

- **Acknowledge:** THANK YOU for sharing!

Verse: Colossians 3:13 (NIV) - Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

Scriptural Application: This verse invites us to take a compassionate look at the people in our lives, knowing that just like us, they are imperfect and sometimes make mistakes. It encourages us to forgive, not because it's easy or because someone necessarily deserves it, but because we've received that same kind of grace from God. Forgiveness can feel like a process rather than a moment, and this verse gently reminds us that with God's help, it's possible to move toward peace and healing.

Group shares: What small step could you take toward forgiving someone, even if your heart isn't fully there yet?

- **Acknowledge:** THANK YOU for sharing!

10 Simple Ways to Practice Forgiveness

1. Take a deep breath before you react when someone upsets you.
2. Say a quiet prayer asking God to help you forgive and bring peace to your heart.
3. Let go of the need to prove you're right.
4. Write down how you feel so you can release some of the pain.
5. Try to speak with kindness, even if the situation feels hard.
6. Think about a time when you were forgiven and how that felt.
7. Forgive someone, but also give yourself permission to set healthy boundaries.
8. Try not to keep replaying the hurt in your mind.
9. Talk to someone you trust who will listen with care.
10. Remind yourself that forgiveness can take time, and it's okay to take small steps each day.

Group Shares: Which of these stands out to you the most, and is there anything you would add?

Acknowledge: THANK YOU for sharing!

Leader shares: Forgiveness doesn't mean forgetting or pretending the hurt didn't happen. It means trusting God enough to stop letting that pain control your story. When you hand over the burden to Him, you make space for more peace, more joy, and more of the person He created you to be. It's not about excusing what someone did, but about allowing God's grace to lift the weight of bitterness from your heart. You were never meant to carry it alone. You deserve to live with a heart that is free, anchored in His strength, filled with His wisdom, and open to His healing. Every step you take toward forgiveness is a step toward becoming more rooted in His love and more aligned with the purpose He has for your life.

- **Leader shares:** An email will be sent shortly containing today's outline, along with a request to share resources discussed today. Additionally, you'll find essential links for joining the group, as well as links to join our Facebook group or follow us on social media to stay connected.
- **Closing:** As we close our group meeting, I encourage everyone to share anything else in your hearts and minds or to ask for prayer requests.
- **Stay connected:** imperfectpaths.com

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