

## UNTANGLED: UNTANGLING MY RELATIONSHIPS

For the week of September 22, 2019

Scripture: Matthew 18:21-35

Full message available at [highpoint.church/currentseries](http://highpoint.church/currentseries)

### GOAL:

To have a biblical understanding of what forgiveness is and what it is not.

### GET GOING:

- Who is someone that you personally know that models forgiveness well? How come?
- Describe a time when someone wronged you and you needed to forgive them. How long did it take you to forgive?
- Think of the last time you needed to seek forgiveness. Did you do it right away? What did your process look like? What, if anything, would you do differently?
- In wWhich of the 5 myths about forgiveness (if any) have you bought into, or find yourself believing in? Can you think of any others?
  - Forgiveness is Negotiable (21-22)
  - Forgiveness is Natural (23-25)
  - Forgiveness is Easy (26-27)
  - Forgiveness is Optional (28-34)
  - Forgiveness is Impossible (35)
- After hearing this weekend's message, how would you define forgiveness in your own words?



## KEEP GROWING:

- Would you call yourself a forgiving person? Grade yourself on a scale from A (forgives immediately) to F (holds onto unforgiveness). Ask your spouse or a close friend to rate you on the same scale and explain why they gave you that grade.
- Forgiveness is not optional. If God in Christ forgave us, how can we withhold forgiveness from others? What can sometimes prevent you from forgiving people?
- **\*\*Allow 20-30 minutes for these readings and questions.\*\*** Read the story of Jacob and Esau from Genesis 25:29-35, 27:1-46, 32:3-21, and 33:1-11.
  - Who do you identify with most in this story and why?
  - What principles from this weekend's message do you see in the story of Jacob and Esau?
  - Which myth about forgiveness do you think Jacob bought into?
  - If you were in Esau's shoes (or sandals), which part of Jacob's actions would be the hardest to forgive?
  - What do you think motivated Esau to forgive Jacob? What principles from Esau and Jacob's story can you apply to your relationships today?
  - What progress would you like to make in the area of forgiveness? What new behaviors, attitudes, or actions would be practical markers of making progress?

## BONUS CHALLENGE:

Take a moment to ask the Holy Spirit if there's anyone from whom you need to seek forgiveness. Or, have you been wronged and are holding onto unforgiveness like a hot coal in your hand? Whatever it is, release this to the Lord and reconcile with with the individual.

## MEMORY VERSE:

*"For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses."* (-Matthew 6:14-15).

