

Study Guide for the Week of September 3, 2006

Forgiveness: The Real F Word—Forgive For Good

This study guide is designed to help you to become more familiar with the Bible. Study these passages on your own, with a friend, or with a group. If you or someone you know needs a Bible, please take one from under a chair in the Worship Center. They are there for you to take home and use! Sermon manuscripts are available at www.spwired.com.

Monday. We'll begin this week with scriptures that point to our need to practice forgiveness. **Read Mark 11:25** in the New Testament. Why is forgiveness so important that we should stop in mid-sentence as we pray to go to someone who has hurt us and forgive them? Do you practice proactive forgiveness like this? Why or why not? **Read 2 Corinthians 2:10-11.** What does this teach about forgiveness? How does unforgiveness allow Satan to work his way into our lives? **Read Colossians 3:13.** What does this passage tell us about God? About human beings? About the relationship between God and human beings?

Tuesday. Read Job 5:2. "Resentment" means to think about over and over and over again. When have you done this in your own life? What does this passage say is the result emotionally of living with resentment? What might be the emotional benefits in your life of practicing forgiveness instead of resentment?

Wednesday. Read Proverbs 14:30 in the Old Testament. This passage speaks of the physical benefits of forgiveness. Have you experienced any physical side-effects in yourself because you have not forgiven someone? What about when you have wronged someone else and you are in need of their forgiveness? When you know you've hurt someone do you take a proactive posture of seeking their forgiveness with your whole heart? What barriers get in the way when you want to ask for someone's forgiveness?

Thursday. Read Luke 19:1-10. Zacchaeus had swindled his countrymen for many years out of great deal of money. He was a hated man because he had hurt so many. Yet Jesus went to his home and spoke good news to him. The result was that Zacchaeus experienced forgiveness from God and that forgiveness motivated him to right many wrongs he had committed. Have you experienced God's forgiveness in specific ways in your life? If so, how? If not, take the time to get honest with God about your life and let him forgive you. Doing so is the first step in forgiving yourself, which in turn enables you to forgive others.

Friday. Read Romans 12:2, Galatians 5:1 and 2 Corinthians 3:17. How do these passages relate to practicing forgiveness? What principles can you draw from these passages? How can you apply them in your daily lives? Spend time in prayer asking for God's forgiveness and then asking for him to help you apply forgiveness into the lives of others.