

A VIBRANT AND VITAL LOVE | WEEK #04

Spiritually Healthy Forgiveness | January 21st

WHAT'S THE ISSUE ANYWAY?

Forgiveness can be quite _____ for most of us.

Certain theological teachings around forgiveness cause more _____ than _____.

Some of us hold certain _____ about forgiveness.

Spiritually unhealthy forgiveness is an act of _____ - _____, not selflessness.

WHAT WISDOM DOES SCRIPTURE OFFER US?

Jesus _____ the power of spiritually healthy forgiveness. (Luke 6:37)

Jesus didn't just teach; he also _____ the power of spiritually healthy forgiveness.

(Luke 23:34)

All of Jesus' teachings were about his vision of an _____ life. (John 10:10)

DON'T MISS THIS

Spiritually healthy forgiveness is a complex _____ that involves letting go of _____ emotions, _____, and the desire for _____.

A vibrant and vital love chooses spiritually healthy forgiveness as a _____ against bitterness, resentment, and vengeance. (Psalm 3:3)

HOW CAN I GET STARTED CHOOSING SPIRITUALLY HEALTHY FORGIVENESS IN MY EVERYDAY, NORMAL LIFE?

Choose to honestly acknowledge and address _____.

Choose to prioritize _____ over the feelings of the person you are forgiving.

Spiritually Healthy Forgiveness means you are not _____ or _____.

Spiritually Healthy Forgiveness means you understand the difference between _____ and _____.

HOW DOES THIS MAKE ME A BETTER PERSON AND THE WORLD A BETTER PLACE?

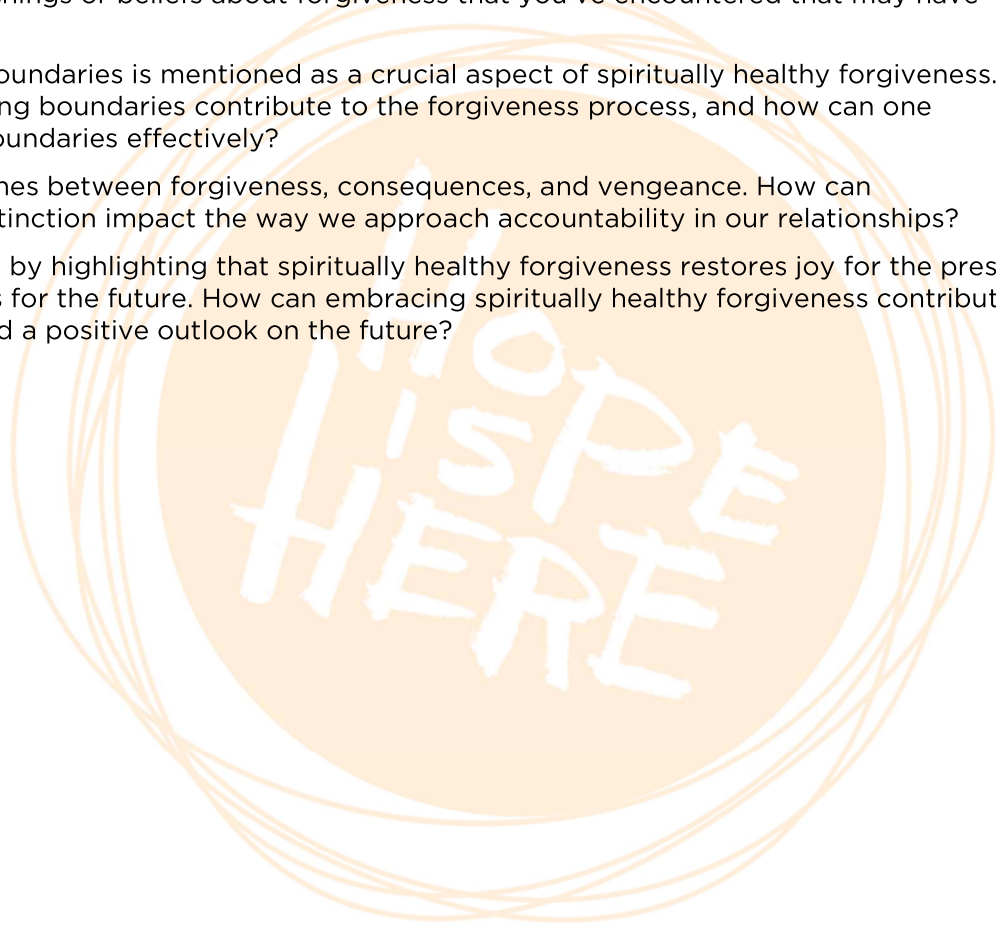
Spiritually healthy Forgiveness restores joy for the _____ and possibilities for our _____.

WHAT IS GOD INVITING YOU INTO TODAY?

1. Rethink through my understanding of what it means to forgive someone.
2. This week read Dr. King's sermon, "Love in Action."
3. Meet with a helping professional to begin the process of forgiving someone.

THOUGHT PROVOKING QUESTIONS:

1. How would you describe your own experiences with forgiveness? Have there been situations where forgiveness was particularly challenging for you?
2. The sermon mentions that forgiveness becomes more difficult when there is emotional pain, perceived injustice, or a power imbalance in relationships. Can you share a personal example where these factors made forgiveness challenging?
3. The distinction between spiritually healthy forgiveness and its unhealthy counterpart is discussed. Can you identify specific ways in which spiritually unhealthy forgiveness might manifest in your life or the lives of others?
4. The sermon emphasizes the potential harm of certain theological teachings around forgiveness. Are there specific teachings or beliefs about forgiveness that you've encountered that may have caused harm?
5. Establishing healthy boundaries is mentioned as a crucial aspect of spiritually healthy forgiveness. In what ways can setting boundaries contribute to the forgiveness process, and how can one communicate these boundaries effectively?
6. The sermon distinguishes between forgiveness, consequences, and vengeance. How can understanding this distinction impact the way we approach accountability in our relationships?
7. The sermon concludes by highlighting that spiritually healthy forgiveness restores joy for the present and opens possibilities for the future. How can embracing spiritually healthy forgiveness contribute to personal growth and a positive outlook on the future?



WHISPER
HERE