



Week 1

LifeGroup Questions

(This week you'll notice the addition of suggested times for each question and activity. This is just an additional resource designed as a guide for facilitating a discussion lasting approx. 35 min. Keep in mind, the suggested times are just that, "suggested." The timing and flow of discussion will always vary with each individual group.)

**Icebreaker:** (Suggested time 5 min.) Suppose you were made "Supreme Ruler of the World" for a day, what laws would you pass to eliminate your two biggest "pet peeves?"

**Objective:** To recognize our own bitterness towards others and begin forgiving them.

- Keeping it anonymous, do you know someone that might be described as a bitter person?  
(Suggested time 5 min.)
- Why would you describe them as bitter?  
(Suggested time 5 min.)
- How does their bitterness affect their relationships?  
(Suggested time 5 min.)
- How do you think bitterness gets started and begins to "take root" in our relationships?  
(Suggested time 5 min.)

### Read together:

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of malicious behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Ephesians 4:31-32 (NLT)

- How is "forgiving one another" an antidote for bitterness?  
(Suggested time 5 min.)

### Group Activity (Suggested time 5 min.)

For the next few minutes pray silently and in your own words ask God these three things:

Who am I bitter toward?  
Why am I bitter?  
How can I begin to forgive?

- What one step will you take within 24 hours, to begin forgiving someone who has hurt you? How can we, as a group, help you take that step?  
(Suggested time 5 min.)

**Final Thought:** Bitterness ruins...forgiveness restores.

### For Further Study

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**Matthew 5:43-48** How did Jesus say we ought to treat our enemies? (5:44) What did Jesus say we ought to do for those who persecute us? (5:44) What type of people did Jesus cite as loving those who love them? (5:46) What exceptional standard did Christ give us? (5:48) If our holy God is able to exhibit grace and mercy to everyone, why is it difficult for us to be like Him? What would have to happen in your heart in order for you to be able to pray for an enemy? In what ways does a loving spirit demonstrate that we are God's people? For which of your "enemies" will you pray every day this week?

**Matthew 18:21-35** What makes forgiveness difficult? What question did Peter ask Jesus? (18:21) What surprising answer did Jesus give Peter? (18:22) How did Jesus illustrate His answer to Peter's question? (18:23) What did the servant go do after his debt was cancelled? (18:28) How did the onlookers respond when they saw the first servant throw the second in jail? (18:31) If God is so willing to forgive us, why are we sometimes unwilling to forgive others? How do we sometimes forgive with strings attached? What should we do if we don't feel like forgiving others? What individual(s) do you need to "release from their debts" today?