

# Our Father

A Bible study on the prayer Jesus taught us

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## Forgiveness is not easy!

What are some of the hard things to forgive that you (or others) have forgiven?

## What does it mean to be forgiven?

React to this definition of forgiveness - good / bad / how would you improve it ?

Forgiveness means I do not treat a person the way he/she deserves for the hurt they caused me.

## How does forgiveness change me?

We'll read together the following passages. Let's put together a list of the different ways God's forgiveness changes us:

Romans 5.1

Isaiah 61.10

Isaiah 38.17

Luke 7:36-50

Luke 23.34

Matthew 5.44-45

## Unforgiveness?

The temptation to not forgive can be very strong. But if we refuse to forgive, what does that show us about ourselves?

Matthew 18:21-35

## Practical steps to forgiveness

Below are some practical steps to take to forgive someone who has hurt us deeply. Which do you see as the most challenging? Depending on the situation, there might be a

1. Review what has happened between God and myself
2. Time and space
3. Review the riches of grace God has given me.
4. Pray for your heart and for the person who has hurt you.
5. Forgive – i.e. treat them better than they deserve
6. Talk with the person about the situation

### **Forgive us our sins, as we forgive those who sin against us.**

*What does this mean?*

We pray in this petition that our Father in heaven would not look upon our sins or because of them deny our prayers; for we are worthy of none of the things for which we ask, neither have we deserved them, but we ask that he would give them all to us by grace; for we daily sin much and surely deserve nothing but punishment.

So we too will forgive from the heart and gladly do good to those who sin against us.