



FORGIVENESS

A THOUGHT ON FORGIVENESS

THE PRACTICE OF FORGIVENESS IS THE DISCIPLESHIP TASK OF RELEASING PAIN AND OFFENCE, IN ORDER TO FIND HEALING & RECONCILIATION. THIS EASTER SEASON PRESENTS THE PERFECT OPPORTUNITY TO FORGIVE AS WE REMEMBER HOW CHRIST HAS FORGIVEN US.

Forgiveness can be one of the more abstract practices on the Transformation Trek, as it's a very internal practice often carried out in prayer between you and God.

It's so easy to think of forgiveness as being about someone else, or an issue with another person, but often forgiveness is more about what we carry and our ability to Forgive ourselves and, in turn, allow ourselves to Forgive others.

"To forgive is to set a prisoner free and discover
that the prisoner was you"

As the quote above from Lewis Smede suggests, Forgiveness is often so much about us, as a lack of Forgiveness can cripple us from experiencing life and relationship with God and each other. If a person has wronged us, it is not them that is affected by our internal struggle.

Christ offers us a way out; not an instant fix, but a call to journey in His Grace, Light, and Forgiving ways.

KEY VERSES

Matthew 5:23-26

Romans 12:17-21

Matthew 6:9-15

Colossians 3:12-14

Matthew 18:21-35

Psalms 86:5

Luke 23:34

Jeremiah 31:34

TEACHING



For the teaching, click the picture above or search Transformation Trek on Youtube for the Teaching & Discussion on each Practice.



LIFE GROUP

TREKING TOGETHER

FORGIVENESS IS JOURNEYED THROUGH BEST BOTH PERSONALLY AND IN THE COMMUNITY. BELOW IS A GUIDE TO HELP LIFE GROUPS WRESTLE, ENCOURAGE AND CHALLENGE EACH OTHER THROUGH THE PRACTICE OF FORGIVENESS AND THE TRANSFORMATION IT BRINGS.

WEEKLY CHALLENGE

WEEK 1 - WATCH THE PRACTICE GUIDE VIDEO, READ THROUGH THE SCRIPTURES ON PRAYER.

QUESTIONS TO DISCUSS

Q. WHAT IS GOD SAYING TO YOU THROUGH THIS PRACTICE/SCRIPTURE?

Q. WHAT IS HARDER FOR YOU, SELF FORGIVENESS OR FORGIVING OTHERS?

Q. WHAT IS ENCOURAGING/CHALLENGING YOU ABOUT THIS PRACTICE?

WEEK 2 - TALK THROUGH EXPLORING FORGIVENESS TOGETHER IN THE PRACTICE GUIDE.

WEEK 3 - CHALLENGE EACH OTHER TO INVITE A FRIEND OR NEIGHBOUR TO THE EASTER SERVICE.

WEEK 4 - TAKE TIME TO DISCUSS HOW YOU HAVE SEEN BREAKTHROUGH IN FORGIVENESS. HOW WILL YOU MAKE THIS A PART OF YOUR RULE OF LIFE THIS YEAR (BOTH PERSONAL AND LIFE GROUP)

Exploring Forgiveness

Daily Practice:

1. Pray, 'Jesus, I give everyone and everything to you.'
2. Ask the question: 'What do I need to let go of?'
3. Linger and listen.
4. Give those specific people and things to God.

(Source: John Eldridge "Get your life back")

Exploring Forgiveness Deeper:

1. Consult the Word

In the lead up to Easter, over the coming weeks, pick a Gospel to explore Jesus's lead up to the Cross & concluding with His ultimate expression of Love & Forgiveness.

2. Consult & Wrestle with God

Pray and ask God; 'Is there any bitterness or resentment I am carrying towards someone else?'

3. Wrestle with Forgiveness

Decide; 'Do I want to let go of the bitterness or resentment?' You are making a choice of whether you want to forgive the person.

4. Praying for that Person

Pray for that person that God might help you to love them and that God might bless them.

5. Bonus Step

Consider what it looks like to engage with that person - arrange a coffee, make a phone call, write a letter?



PUTTING IT INTO PRACTICE

Easter Weekend

The Easter weekend is more than an opportunity to have a family getaway, eat chocolate or drag relatives to church. Easter is a time that we can reflect and consider Jesus's life, death, and resurrection.

Good Friday

Good Friday gives us an opportunity to consider some of the not so "good" things in humankind and our life that lead to Jesus needing to die. It's an opportunity to consider our own humanity, our own ego, selfishness and pride; areas in our life where we have perhaps gone off course..... Things that we have perhaps started worshiping other than God..... Reflecting on mistakes and maybe carried guilt from the year or even before. Good Friday gives us a chance to do something with that ugliness. Good Friday gives us a chance afresh to die to that "Sin".

This is a great opportunity to create, consider and action these symbols e.g. Have a Fire Pit, A Cross, or even just a Bin. As you process these heavy things, write them down. Consider the cross's power over them and place them in the fire/on the cross or in the bin, both accepting God's forgiveness and moving forward into a fresh season.

Journal or reflect on how this Transforms your Month?



PUTTING IT INTO PRACTICE

Easter Sunday

Resurrection Sunday is one of the greatest celebrations on the Christian calendar. This day is a reminder that no matter how dark or disturbed or off-track our life gets, God is a God of restoration, resurrection, and rebuilding. In the End, He Wins!

Your life can be right with God. Your life can be refreshed. Through Jesus, you can walk a different way..... His Way. Celebrate this. Celebrate with community. Eat, Laugh & Share. There are seasons of repentance. There are seasons of lament & there are seasons of celebration. Allow yourself to Celebrate the peace and joy that comes with Easter.

Journal or reflect on how this Transforms your Month?

A photograph of a family meal around a table. In the background, a person in a green and blue striped shirt is visible. The table is set with plates of food, including what looks like pasta and vegetables, and blue cups. The lighting is warm and the atmosphere is casual.

CREATING FAMILY RHYTHMS

Forgiveness in the Home

Choose a night of the week to have a family meal around the table. At some stage during the meal, go around the table and discuss things that have hurt us this week or bothered us about another person's actions.

Then, depending on the severity of the issue (some unpacking or processing may be needed if the issue is bad enough or the kids open up about something for the first time), if appropriate around the table, ask how you could make things better or even love or bless that person, as Jesus calls us to.

This brings with it a great chance to pray for the person and to process and activate our families to learn and live in the ways of Jesus.

Lastly, this is also a great chance to discuss Easter. To talk to our kids about how it's not just about chocolate. It is a moment in which we remember the powerful act of love Jesus showed us through his death and resurrection.

A close-up photograph of several hands holding white ceramic mugs on a light-colored surface. The hands are positioned around the mugs, suggesting a shared drink or a moment of connection. The lighting is soft and natural, highlighting the texture of the mugs and the skin.

DISCIPLESHIP TOOL

THE 3 Rs

Here is a basic conversation tool you can use for your discipleship relationships. Using the 3 Rs you can be a disciple that makes disciples.

RELATIONSHIP

As Jesus invited the disciples to walk with Him so we invite others into our lives. Sharing our life with one another grows deep connections for lasting change, by living vulnerably and authentically with one another.

Suggested Qs: How has your week been? What has been a high and low moment in your life recently? Where have you seen God at work lately?

REALIGN

Transformation in our lives happens best when we align our lives with God's good and perfect will. To become like Jesus we need to realign our minds to the truth of the Bible and be shaped by the Holy Spirit. This could be through a book, verse, or trek practice.

Suggested Qs: What do you think God is saying to you in this moment? What does scripture say about this? What do you find challenging/encouraging from this passage?

Helpful tool: Jesus had 3 core relationships that he made a priority. (His relationship with God the Father, His community and those that are unsaved).

Q. Which relationship is God challenging you to make a priority at the moment?

RESPONSE

To be transformed we need to respond in obedience to Jesus's invitation to walk His way. We don't do this alone but can support one another through encouragement and prayer.

Suggested Qs: What are you going to do about what God is saying? What is your first step? How can we support and pray for each other?