

Christian Life Table Discussions

Overcoming grudges

Select Leader who will decide when to move from section to section. Select the person who ate the least for breakfast this morning.

Introduce one another and then talk about times that people have hurt you and then later came and asked you to forgive them.

Bible Basis.

Hebrews 12:15. See to it that no one comes short of the grace of God, that no root of bitterness springing up causes trouble, and by it many become defiled. [New American Standard Bible]

Personalize. To help one another see the relevance of the topic for life today, please read over all the following questions, and then let people talk about any of them (it is not necessary to take them in order or to talk about all of them).

The Questions: Have you belonged to groups that were weakened or destroyed because of unresolved personality conflicts? What is it that makes it hard to forgive some people? What do you think of people who say "I can forgive but I will not forget."

God's Word.

Eph 4:32: Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. [NIV]

To what standard of forgiveness is God calling us? Talk about how much Christ is willing to forgive.

1 Peter 2:20-23. For what credit is there if, when you sin and are punished for it, you endure it with patience? But if when you do what is right and suffer for it you patiently endure it, this finds favor with God. For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps, "who committed no sin, nor was any deceit found in his mouth [Isaiah 53:9]," and while being reviled, he did not revile in return, while suffering, he uttered no threats, but kept entrusting himself to Him who judges justly. [NASB]

Expand on the depth of Jesus' ability to forgive. Can we take Peter seriously when he says this is "an example for you to follow?"

Luke 7:47. [Jesus said]: "but he who has been forgiven little loves little." [NIV]

To increase your ability to forgive others, what is it that you can consider about God's dealings with you?

Application. Based on the verses above, I think God's will for me today is ... (this may be different for each person)

Insight. What is there about me that keeps me from doing this? (This will provide insight into your sin nature, whether it be areas of deliberate disobedience or weakness. Seeing our sin afresh leads to seeing our savior afresh).

Christ. How is he the answer to the particular insights surfaced above (these would include forgiveness for what is past, and strengthening your new life for the next time to temptation comes up). Prayer at this point could include repenting of sins, and asking God to bring about change.

Future. Promises to rely on next time the problem arises:

Col 1:13-14: For He delivered us from the domain or darkness and transferred us to the kingdom of His beloved Son, in whom we have redemption, the forgiveness of sins. [New American Standard Bible]