

# VIDEO

## Relational Series



### LESSON: FORGIVENESS - PART 1



#### THE POINT

Find power in forgiveness, when you give pain and offence to God.



#### QUOTES

*Jesus said, "Father, forgive them, for they do not know what they're doing."*

- Luke 23:24 (NLT)

#### TO-DO

Is there someone in your life you need to forgive? Write down the two big steps from our video that you'll need to take. Then, write your offender's name beside each step. As you take a step, cross it and the name of your offender off. Feel a fresh breath of freedom.

- 1 -
- 2 -

Talk to someone trustworthy and patient about your up and down feelings, as you feel them in your healing journey.

#### QUESTIONS

- 1 - What myth about forgiveness have you, or others, believed?
- 2 - Which component of forgiveness is the most difficult for you:
  - expressing your pain, or
  - expressing forgiveness?

# MY NOTES

## PRAYER