

Growth Group Homework

Warm Up

1. What's your experience with gardening? Have there been unwanted plants that continued to grow back?

Talk it Over

2. What in the message did you find interesting, challenging or helpful?
3. At Seabreeze, we have the Heart Attitude of *Clear Up Relationships*. Part of this is asking for forgiveness when we wrong others. The other part is forgiving those who wrong us. Read the following verses:

Ephesians 4:31-32

Hebrews 12:14-15

- What are the similarities in these two passages? What are the actions associated with bitterness?

4. Working through bitterness starts with the humility to remember what you deserve. Read the following verses and summarize what they say you deserve.

Romans 3:23

Romans 6:23

Ephesians 2:8

- What are some reasons remembering what you deserve is important? What are the risks if you don't do this?

- Have there been times you remembered what you deserved and that helped you not hold onto bitterness? What happened?

5. Bitterness thrives when emotions get ramped up and there is ambiguity over the details of the wrong done. Has there been a time you got angry or upset, and maybe held onto it, but later realized your understanding of what happened was not accurate? Explain.
6. The following statement summarizes much of what the Bible teaches on forgiveness. What stands out to you?

When we forgive a person, we formally release them from accountability for what they did. We no longer consider them as having to pay for what they did. We refuse to entertain the feelings and thoughts of resentment, of punishment or vengeance, and feelings and thoughts that they owe us something. When we forgive, we have to let it go; we have removed them from having to face our "wrath", and we no longer count it against them. Memories of the past or feelings of hurt or resentment may crop up, but we ask God for help and refuse to entertain them.

Verses you can reference: Colossians 3:13, 2 Corinthians 5:19, Hebrews 10:17

- Have there been times you've tried to do what this statement is instructing? Explain how that worked for you.
- What part of this statement do you have questions about?

Take it Home

7. What's something from this discussion you can apply this week?