



Journey Church  
Father, Forgive Them | Luke 23:32–34  
March 22, 2026

## **A Heavy Weight**

### **God's Story**

*Luke 23:32-34*

### **The Prayer - Four Movements of the Heart**

1. Father – Trust the heart of God
2. Forgive – Release the debt  
*Romans 12:14-21; Matthew 6:9-15*
3. Them – Expand the circle  
*Romans 5:8*
4. They don't know – Choose compassion  
*1 John 1:9; Luke 23:39-43*

### **What Forgiveness Looks Like**

- Pray first  
*Luke 6:28; Matthew 5:43-44; Acts 7:59-60*
- Receive Grace
- Release others  
*Matthew 18:21-35; Ephesians 4:31-32*
- Walk together  
*Colossians 3:12-14*

### **Forgiveness is Costly and Powerful**

*2 Corinthians 5:18–21*

### **Small Group Questions:**

1. Jesus trusted the Father even in the middle of suffering.  
Where do you find it hardest to trust God right now—especially when you've been hurt?
2. In light of Jesus saying, "forgive them," who is someone you may still be holding onto—where releasing the debt feels difficult? What makes it hard to let go?
3. Jesus expanded the circle to include even those who hurt Him.  
How does remembering that *you are part of "them"* (Romans 5:8) change the way you view others and respond to them?

### **Be Intentional:**

Choose one person or situation where you've felt hurt, frustrated, or wronged. Before responding in any way:

- Pause
- Pray for them by name (Luke 6:28)
- Ask God to help you release the debt and choose compassion

### **Pray:**

Spend time praying together. What are some ways in which you can pray for each other? Take some time in the coming week to explore ways in which you can encourage one another. Remember to share with your group what you are learning about those opportunities and reflect on God's Word as you pray for each other.