



SMALL GROUP LEADER GUIDE

Over It / Week 3

PRELUDE

SOCIAL

WORSHIP

STORY

GROUPS

HOME

LEADER PREP

CONVERSATION GUIDE

BOTTOM LINE

Forgiveness helps you heal.

SCRIPTURE

Matthew 18:21-22 NLT

GOAL OF SMALL GROUP

To help students see that forgiveness is a choice they have to make repeatedly in order to heal from the wounds they've received from others.

THINK ABOUT THIS

Middle schoolers aren't great at waiting (let's face it, neither are we)! If it's not going to happen quickly, they most likely aren't going to want to put in the effort. That's why making the choice to forgive—even when nothing changes right away—is particularly challenging for students in this phase. As a Small Group Leader, you have the unique opportunity to walk with students through the process of forgiveness and healing, so be sure to keep your group a safe place.

This guide is a suggestion, not a formula. Adjust the questions and activities as needed, and don't feel like you need to do, or ask, everything you see here.

JUST FOR FUN

What's the longest you've waited in line for something?

DISCUSSION QUESTIONS

Does anybody like waiting? Even when it's worth it, waiting on something is never easy to do.

1. What's one example of something a middle schooler is waiting on?
2. What's one thing that makes waiting on something difficult?
3. Why does healing sometimes require you to wait?
4. What's one way forgiveness might help you heal?
5. Do you think forgiveness is a choice or a feeling? Why?
6. Does a person have to apologize for you to forgive them? Why or why not?
7. Do you think it's possible to keep forgiving someone if they keep hurting us? Why or why not?
8. Is there a difference between forgiving and forgetting?
9. This week, what's one area of your life where you need to choose to let forgiveness help you heal?

XP (EXPERIENCE)

End Small Group by giving your few the provided take-home item and the "Forgiveness Helps You Heal" card to remind them that even though forgiveness takes time, it eventually brings healing to their lives.



FORGIVENESS HELPS YOU HEAL

Forgiveness helps us heal from hurtful things that have happened in our lives. But even when we push through and continue to forgive, it can still feel like things aren't changing. Remember . . .

FORGIVENESS TAKES PRACTICE

First, try to forgive the little things before moving on to the bigger things in your life. Doing this will help you practice forgiveness over, and over, and over again.

FORGIVENESS TAKES TIME

Forgiveness isn't easy, and it doesn't always come right away. Don't give up when it doesn't change how you feel immediately.

FORGIVENESS IS ABOUT YOU

Whether the person that wronged you changes or not, when you forgive, it brings healing to your heart.

What's something you've had to work through even after you offered forgiveness? What's something you're still working through as you forgive others? Maybe it's figuring out how to be a bigger person, learning to trust again, or believing what someone said about you isn't true. Write down your thoughts in the space below.



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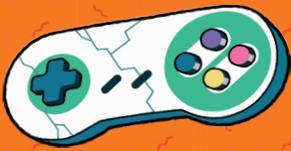
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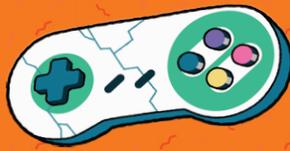
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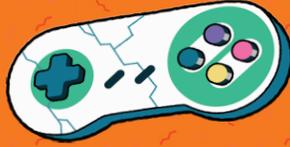
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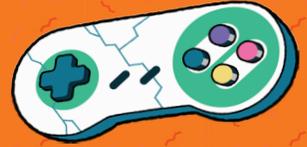
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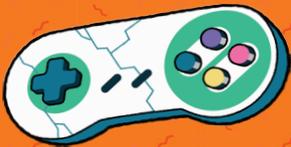
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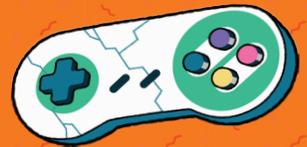
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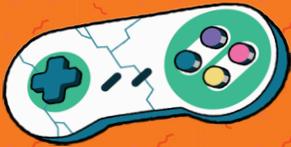
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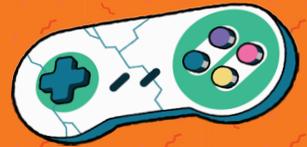
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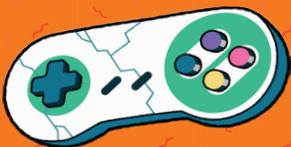
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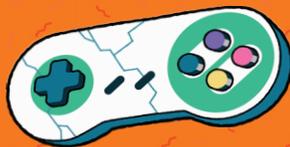
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