

SMALL GROUP DISCUSSION GUIDE

For the week of November 26-December 2, 2023

“FROM BITTERNESS TO FORGIVENESS”

GETTING STARTED

To the facilitator: Use this section to introduce the topic. If possible, give a brief recap of the sermon.

Share a memorable point, a spiritual lesson, a personal application, a question, or something that challenged you from the sermon last Sunday.

What's something unique about you that isn't commonly known, but you're proud of?

GROUP DISCUSSION

Read Ephesians 4:22-32.

1. In Ephesians 4:22-24, believers are encouraged to "put off the old self" and "put on the new self." How does the idea of continuous transformation align with your understanding of the Christian journey? What is the role of the Holy Spirit in a believer's transformation (cf. Ephesians 4:30)?
2. In Ephesians 4:25-29, Paul list specific areas where the believer is to "put off" and "put on." Which of these areas that Paul mentioned resonates with you the most? Why?
3. Have you ever met a bitter person? What was this person like?
4. Think of a recent situation where you may have harbored bitterness. How did it impact your thoughts, actions, or relationships? Discuss the command to "get rid of bitterness." Share practical steps that Christians can take to let go of bitterness.
5. How can we apply the principle of being tender-hearted and forgiving to our interactions with both friends and enemies based on the verses? How does the concept of forgiveness align with the teachings and life of Jesus?
6. Why is forgiveness difficult? Consider the tension between seeking justice and extending mercy. How does the Christian find balance between holding others accountable and offering forgiveness? Does forgiveness means forgetting?

NEXT STEPS

If you know Jesus, you know what it means to be forgiven, and you have the power to be forgiving.

- ☐ I will release bitterness.
- ☐ I will render forgiveness.
- ☐ I will forgive freely, fully and finally.
- ☐ Don't forget to:
- ☐ Go through the devotionals every day this week.
- ☐ Have a regular daily time of prayer and reading of God's Word.

CLOSING THE SESSION

Close the session by taking the time to pray for one another. Consider the following as you pray:

- Pray for empowerment from the Holy Spirit to let go of bitterness and to render forgiveness.
- Pray for relationships to grow with other Christ-followers, that you will encourage and care for one another.
- Pray for your unsaved family, friends, and loved ones.
- Pray for protection, provision, healing and comfort for everyone who's going through physical, emotional, mental and spiritual pain.

BIBLE READING GUIDE

November 27	Ephesians 4:31-32
November 28	1 Samuel 18:1-30
November 29	Matthew 18:21-35
November 30	2 Timothy 2:22-26
December 1	Colossians 3:5-9
December 2	James 1:19-26
December 3	Psalms 95