

ACTION STEP

Similarly to last week, make time this week for a quiet moment with God. Ask him to calm your thoughts and feelings.

Last week was about receiving cleansing for the sins you've committed. This time, use the tools given from this week's study and weekend message to write down the "debts" others owe you and then release and forgive what others have done to you.

PRAYER

Ask how you can pray for one another this week. Then, close in prayer, mentioning each request and person before the Lord. This prayer of release may help you, this week...

Heavenly Father, thank you for letting your forgiveness be greater than my sin. I don't deserve your forgiveness, and I recognize that your mercy is not about me, but about your glory. Despite the amazing grace you have given me, I confess that I haven't forgiven others so freely. But, I believe that the cross is more powerful than any sin committed against me. By the power of your Spirit, heal my heart from the hurt caused by others. Release me of the bitterness I'm holding onto that stands in the way of forgiveness. As I say, "I forgive," please free my heart from these burdens to allow my forgiveness to be true and complete. I don't want the poisonous roots of bitterness to grow up to trouble me. I humbly pray all of this in the name of Jesus Christ. Amen.

Finish by reciting The Lord's Prayer. Can you try to do it from memory? Feel free to flip back to a previous week's notes if you can't.

AMEN NIGHT: November 7th — 7:00 PM
Doors & Dessert open at 6:30
RSVP at RockBrook.org/Upcoming

LIFE AS IT WAS MEANT TO BE

Week 5: The Prayer of Release
For Small Group Meetings, October 12 -18

CHECK BACK

Did everyone carve out time to do the six steps from last week's lesson on The Prayer of Cleansing including The Personal Assessment Tool?

This is a crucial step of The Lord's Prayer study. If you've struggled to make this step happen, consider putting time on your calendar to do it this week.

VIDEO NOTES

"as we also have forgiven our debtors." — Matthew 6:12

Jesus: "For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins."
— Matthew 6:14-15 NIV

As I learn to pray, *"Forgive us our debts as we also have forgiven our debtors"*
I discover **there is more forgiveness in God than there is sin in me.**

1. In prayer, we can release both the _____ others
owe us and the grip _____ has on our hearts

³⁰ Do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption.

³¹ Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.

³² Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

¹ Imitate God, therefore, in everything you do, because you are his dear children. ² Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us. — Ephesians 4:30-5:2 NLT

- Forgiveness does not mean a sin is not _____
- Forgiveness is not a _____

"Forgiveness is the opportunity to give someone an identity that is not based on the way in which they failed you."
— Elizabeth Bruenig

Forgiveness is when we _____ the pain
caused by others instead of _____ it to them.

²¹ For God called you to do good, even if it means suffering, just as Christ suffered for you. He is your example, and you must follow in his steps. ²² He never sinned, nor ever deceived anyone.

²³ He did not retaliate when he was insulted, nor threaten revenge when he suffered. He left his case in the hands of God, who always judges fairly.

²⁴ He personally carried our sins in his body on the cross so that we can be dead to sin and live for what is right. By his wounds you are healed.

²⁵ Once you were like sheep who wandered away. But now you have turned to your Shepherd, the Guardian of your souls. — 1 Peter 2:21-25 NLT

In prayer, we allow forgiveness to _____ us
rather than bitterness to transmit from us

Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many. — Hebrews 12:15 NLT

SCRIPTURE READING

Read Matthew 18:21-35

KEY QUESTION

We all have pain that has been caused by other people. What do you tend to do with your pain? How do you respond when you've been hurt?

DISCUSSION QUESTIONS

1. What stood out to you from this message and Bible reading on forgiveness — The Prayer of Release
2. "There is more forgiveness in God than there is sin in me." How does this truth impact the way you approach forgiving others?
3. Can you recall a time when holding onto bitterness affected your relationship with God or with others? What helped you move forward?
4. Read 1 Peter 2:23 — When we forgive others we break the cycle of sin and choose not to return the pain to others that has been done to us. Is there a specific relationship where you can break the cycle of hurt and bitterness?
5. How does Jesus' example of forgiveness on the cross challenge or encourage you in your own journey of forgiveness?

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- Forgiveness does not mean a sin is not a sin
- Forgiveness is not a one time event

“Forgiveness is the opportunity to give someone an identity that is not based on the way in which they failed you.”
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Forgiveness is when we absorb the pain

caused by others instead of returning it to them.

²¹ For God called you to do good, even if it means suffering, just as Christ suffered for you. He is your example, and you must follow in his steps. ²² He never sinned, nor ever deceived anyone.

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