

CHOOSE HOPE →

When You Have To Face Your Pain • Week 5

ICEBREAKER

What is physically the most painful thing you have encountered?

KEY SCRIPTURE

Genesis 42:1-24

DISCUSSION QUESTIONS

Forgiveness Is Expected

- Read *Matthew 6:14*
- What is forgiveness?
- How are we to forgive?
- What happens when we don't forgive? (see *Ephesians 4:27, Matthew 18:34, Matthew 6:12,15,*)

Forgiveness Is Honestly Acknowledging The Wrong Done To Me

- Why is it important to acknowledge the wrong done to you?
- Is there someone in your life whom you need to forgive? What is keeping you from forgiving that person?
- How do you forgive someone who is not sorry?
- Reason is never an excuse for _____.

Forgiveness Is Facing The Pain

- Why should you face the pain?
- What kind of pain/pains have you experienced growing up or even today?
- What can happen if we don't face our pain? (What are some harmful ways people cope with pain?)
- Why is it important to ask the question of , Why did God allow this to happen?

Forgiveness Is Bringing Your Pain To The Cross Of Christ.

- Read *Ephesians 4:32*
- When we are hesitant to forgive others, why is it important to think about when God forgave us?
- Read *Genesis 45:14-15*
- How did Joseph respond to his brothers after all that he has been through?

PRAYER

Dear Lord and Heavenly Father, you gave us such a great example of how to love and forgive. While we were still sinners, you died for our sins. You took our place. We can never thank you enough for your grace! Lord help us to be like you and forgive others so that they may see your love and choose the hope that you have given us. In Jesus Name, Amen!

CHALLENGE

Write down a specific hurt or wound, a pain in your life that might still need to be faced and face it and prepare to forgive.