

Small Group Curriculum

Week of 04/07/13

1. Is it easier for you to forgive yourself of someone else? Why?
2. Pastor Derek said it was probably good it's difficult to forgive ourselves. Do you know anyone who forgives themselves too easily? What problems does it cause? What problems are caused when we are unable to forgive ourselves?
3. What gives someone the right to forgive themselves?
4. What is the difference between guilt, regret, and shame? How do these forces work together to paralyze believers?
5. Read Romans 8:1-3. What does Paul mean by the phrases "the law of sin and death"? "What is the law of the Spirit of life"? What's the difference between knowing about Jesus and "being in Christ Jesus"?
6. Read Romans 8:33-34. According to this verse, who has the right to condemn a Christ follower?
7. Self-forgiveness begins with owning our sin. What strategies do people use to avoid admitting their sin?
8. 1 John 1:9. How does God promise to respond to our sins? According to this verse, what is the foundation of God's response? Why does that foundation matter?
9. Jeremiah 31:34. What freedom does God's willingness to not remember our sins give us?
10. 2 Corinthians 7:10. What's the difference between "godly remorse" and shame, guilt, and condemnation?
11. What's the place of making restitution in the process of forgiving yourself?
12. How should you respond if you are quick to forgive yourself than the person who hurt is to forgive you?
13. How does Romans 12:1 inform us about the process of forgiving yourself?
14. Read 2 Corinthians 10:5. If you were to describe the steps needed to "take every thought captive to the obedience of Christ", what would those steps be?