

# When We Come Back

## Talk Sheet

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### *There's freedom in forgiveness*

#### Introduction:

We have all been hurt and have hurt others. Holding on to this hurt harms us more than the other person involved. While we can't delete the event, forgiveness can set us free from the negative effects of anger. We have a responsibility to forgive others when we have been wronged and to ask for forgiveness when we have wronged someone else.

#### Talk Points:

- Are there areas in your life where you were hurt that are still sore? \_\_\_\_\_
  - Do you still hold feelings of anger or bitterness with the person(s) that caused the hurt? \_\_\_\_\_
  - How can unconstrained anger cause us to act out of character? \_\_\_\_\_
  - What does the saying "Holding on to anger is like drinking poison and expecting the other person to die." mean? \_\_\_\_\_
  - How can peace, hope, gratitude, and joy be found in forgiveness? \_\_\_\_\_
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#### Things To Ponder:

- How can forgiveness lead you down the path of physical, emotional and spiritual wellbeing? \_\_\_\_\_
  - What are the things I need to ask forgiveness for? \_\_\_\_\_
  - How can forgiveness lead you down the path of physical, emotional and spiritual wellbeing? \_\_\_\_\_
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#### Reflect:

*Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as God in Christ forgave you.*

**Ephesians 4:31-32**