



LIVE JESUS MINISTRIES

LJM TOP TWELVE (TT11)

How Do I Forgive Someone If They've Wronged Or Hurt Me?

PRAY

Start by utilizing the **PRAY** step of your mentor training.

CONNECT

Check In: Peaks, Pits & Prayer Intentions

Go around the group and ask:

- What's one **Peak** (high/victory) and one **Pit** (low/struggle) since we last met? (or a similar type question)
- What's something you want us to **pray for** today? (Write down intentions to pray for at the end)

Encourage honesty and vulnerability. After everyone shares, affirm and thank them for sharing.

DISCUSS

Content References

- **Eph 4:31-32** – “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 in Christ God forgave you.”
 - **CCC 2843** – “The Lord's Prayer is the most perfect of prayers. It contains in its seven petitions the sum of the whole Gospel. It is the prayer that Christ taught us... In the fifth petition, we ask: ‘forgive us our trespasses, as we forgive those who trespass against us.’ This means that our forgiveness of others is the condition for receiving forgiveness from God.”
 - **CCC 2844** – “When it is difficult, forgiveness is a supernatural grace.”
 - **C.S. Lewis** – “To be a Christian means to forgive the inexcusable because God has forgiven the inexcusable in you.”
 - **Matthew 8:22** - Jesus answered, “I say to you, forgive not seven times but seventy-seven times.”
-

Discussion Questions

Q1: What Is Forgiveness? How do you forgive someone who has wronged or hurt you?

- What does forgiveness require? What does forgiveness not require?
- Why do we need God's help to forgive?

 *Mentor Tip: Forgiveness is a transformative grace that involves consciously choosing to let go of the negative judgment and resentment towards someone caused by their sin, rather than forgetting or condoning the offense. Forgiveness is a supernatural decision that can only happen in cooperation with God's grace. People often struggle with forgiveness because they try to do it on their own. Forgiveness is to release the burden to God.*

Q2: Why is it so freeing to release the burden to God when someone wrongs you?

 *Mentor Tip: God is perfect mercy and perfect justice. In other words, God will take care of what this person did in a perfect way. You are just deciding that it is not up to you anymore.*

Q3: Is there anyone you're struggling to forgive right now? What makes it difficult for you to forgive them?

 *Mentor Tip: It is important not to let judgement or resentment build up. Offer forgiveness as quickly as possible.*

Cornerstone Statement

Forgiveness is hard and it requires supernatural help. But it starts with a decision, not a feeling. It is a decision to say “I am no longer carrying this burden, but God is instead.”

COMMIT

- Spend time looking at a crucifix this week. The crucifix reminds us of our sins; and that our sins did that to Jesus. If anyone ever had a reason not to forgive, it would be Jesus. Yet, Jesus still forgave us. We can too.

Close in prayer. (Pray for the intentions spoken earlier. Have each person pray for the person next to them, etc)