



**Week of June 6, 2021**

**Discussion Questions:**

1. What is one incident from your childhood that helped shape you into the person you are today, either in a positive or negative way? (Optional Story Cards exercise)
2. Last week, we were challenged to “rethink” -- to allow God to transform the way you think. In what ways are you working to renew your mind?
3. Read Ephesians 4:22-24. How does the word picture of “put off” and “put on” help you understand your responsibility in this? What is the benefit of specifically naming what you will “put off” and “put on”?
4. Read Ephesians 4:31-32. Which of these do you need to get rid of? How does God’s forgiveness of us give us a model of how to forgive others?
5. Paul said that forgiveness means to pardon. How does that word help you understand what forgiveness is and what it is not?
6. Why is forgiveness so difficult? Would it be less difficult to forgive someone else if we truly understood how much we have been forgiven by God? As a group,

spend some time in silent prayer thanking God for the forgiveness he's given you.

### **Moving Forward**

My past will **remind** me. It will **not define** me. Get alone with God and your journal this week. How would you answer these two questions:

- How far into your future do you intend to carry the angst created in your past?
- How long do you plan to allow the people who mistreated you to follow you into your future?

Then take steps to forgive those who wronged you.

### **Ephesians 4:22-24, 26-27, 31-32**

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; <sup>23</sup>to be made new in the attitude of your minds; <sup>24</sup>and to put on the new self, created to be like God in true righteousness and holiness.

<sup>26</sup>“In your anger do not sin” Do not let the sun go down while you are still angry, <sup>27</sup>and do not give the devil a foothold. <sup>31</sup>Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup>Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.