

Meeting 5.3



Module 5 outcome: The disciple understands and practices a life of confession within community.

DISCUSS the disciple's experience with the Examen Practice. Next, the discipler leads the disciple through discussion questions and steps of forgiveness below.

1. How has forgiveness been described to you in the past? How would you define it today?
2. It's important to remember that our freedom and healing are *never* dependent on what other people do or say. So, regardless of what the offending person does in *response* to our forgiveness, we can be free. Have you ever felt like you needed someone else to "get right" before you could move on?
3. Is there ever a time it's best to forgive someone without letting them know? Is there ever a time to resolve things "from a distance"?

Think about relationships where the other person doesn't understand faith like you do. In some circumstances, could openly forgiving them alienate them, make them feel judged, or even push them further away from God?

Also, consider relationships that are not safe in some way emotionally or physically.

4. God is perfect, but sometimes, we even need to forgive burdens we hold against him. Do you agree? Why or why not?

DISCUSS the disciple's unresolved issue briefly. Walk through the following steps to forgive "in every direction":



1. Forgiveness for our own sin and seeking forgiveness from anyone we've hurt as God leads. (This could mean committing to having a conversation with the individual(s) in the following week.)
2. Forgive yourself for anything you regret doing. Let yourself off the hook.
3. Forgive others for how they have hurt you, even if the offense was unintentional.
4. Forgive God. Let go of any resentments you've held against him. Consider what he wants you to see on the other side of it.
5. Finally, consider this experience. Was this practice of confession a gift? If so, how?

ASSIGNMENT: Watch the video, *Forgiveness Incarnated* located on the Module 5 resource page. Consider the following questions after you've watched the video and journal some notes. You'll discuss these questions during your next meeting.

1. Why do you think forgiveness is so powerful?
2. Does forgiveness mean that the offending party should get off scot-free? What is the relationship between forgiveness and justice?
3. What significant lessons has this module taught you about forgiveness and confession?
4. Forgiveness is one of the most powerful tools we have against the enemy. How will you begin to practice a lifestyle of confession, forgiveness, and reconciliation on a new level? How will this lead you into more freedom and victory?

