

FORGIVENESS

Colossians 3:13

Matthew 6:9-15

Matthew 18:21-22

Ephesians 4:31-32

Awareness

Before listening, reflect:

- How would you explain what it means to forgive?
- In most circumstances, would you say that you find it easy or hard to forgive? Why?

Forgiveness has the power to transform lives. When we follow Christ's example of forgiveness and nurture this virtue in our lives, we become agents of God's mercy and forgiveness in the lives of those we forgive. But the realities of our broken, sinful world make forgiveness complicated. So let's turn to Scripture to let God's Word reveal what true forgiveness is and what it looks like in our lives. In Scripture, we'll also find assurance that when we are willing to forgive, God promises to be with us and sustain us through the hard work of true forgiveness.

Listen: [*Forgiveness*](#)

Reflection

After listening, consider:

- In segment 1, host Darrell Delaney defines forgiveness as “a disposition” and a “conscious decision to pardon those who have wronged us.” He explains that forgiveness “reflects God’s grace” and that when we forgive, we “mirror God’s forgiveness” in our own lives. Do these explanations resonate with your current understanding of forgiveness? Why or why not? How does it comfort you? How does it challenge you?
- How have grudges—either grudges you’ve held or grudges held against you—affected your life?
- In segment 2, host Scott Hoezee states, “There can still be consequences, even when we genuinely forgive someone.” Why is it important to understand that forgiveness and consequences can and even should in many circumstances coexist?
- In segment 3, Darrell and Scott discuss the reality that forgiveness often takes work and is often a process. Does understanding forgiveness as a journey comfort or intimidate, why?

Related Passages

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Matthew 18:21-35

The Parable of the Unmerciful Servant

- **Ephesians 2:8-9**
- **Proverbs 3:5-6**
- **Psalms 139**

Conclusion

At the end of the episode, Scott and Darrell share four practical steps on the road to forgiveness:

1. Pray for God to help
2. Engage in self-reflection
3. Recognize forgiveness is a process
4. Deal gently with those who genuinely struggle with forgiveness

Reflect on these four steps. Who do you know that needs to give or receive forgiveness? Which step or steps can you engage right now to help that journey toward forgiveness?

<https://groundworkonline.com/episodes/forgiveness>

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