

# Forgiveness

Many of us are familiar with the Lord's Prayer. In it, Jesus taught his followers to pray, "...forgive us our debts, as we also have forgiven our debtors" (Matthew 6:12). Through these powerful words, Jesus highlights the central importance of the virtue of forgiveness to the Christian life. However, *saying* we believe that forgiveness is important is a lot different than *forgiving*; most people would agree that true forgiveness can be quite difficult and often takes a lot of time and work. Join *Groundwork* as we dig into Scripture to better understand what it means to forgive, why we forgive, and what forgiveness requires of us. We'll discuss real-life complications of forgiveness, the importance of recognizing forgiveness as a process, and useful steps for cultivating the virtue of forgiveness in our daily lives.

**AWARENESS** Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- 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?



**LISTEN TO THE EPISODE:** [Forgiveness](#)

**READ** [Colossians 3:13](#), [Matthew 6:9-15](#), [Matthew 18:21-22](#), [Ephesians 4:31-32](#)

**REFLECTION** After listening, consider the following questions:

- 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** for further study

[Matthew 18:21-35](#), [Ephesians 2:8-9](#), [Proverbs 3:5-6](#), [Psalm 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?

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

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