



## Week Four | Grieving and Forgiving | 03.19-20.2022

**Grow Deep Conversation Questions:** Use these questions to help you process the message in your personal time of study or with your group. Time suggestions are based on a 90-minute group gathering.

**Series Recap:** Loss is a regular part of life but we can forget that loss is not limited to saying goodbye to people. Learning to grieve helps us face lost expectations, lost relationships, and lost hopes helping us lead lives of freedom and forgiveness. Good grief starts with going to a good God who offers a better life.

### » Opening (3 minutes)

- Introductions - This is especially important if this is your first meeting and if there are new members.
- Housekeeping - Clarify expectations:
  - Remind your group that this is a confidential meeting.
  - **Remember, there may be many thoughts and views. Please remain kind and respectful during conversations.**
- Pray - Open your time together in prayer.

### » Introduction (12 minutes)

- Ice-Breaker: What is an offense that is easy for you to forgive?
- Digging Deeper: Why is it so difficult to forgive people who have hurt us?

### » Observation | Read Genesis 50:15-21 (12 minutes)

- What are your initial reactions to this passage? What do you find challenging? Are you encouraged by any of these verses? Why?

### » Key Principle | **Even if you can't forget, you can forgive.** (12 minutes)

- What is a wrong that you are holding onto that now has a hold of you? What steps can you take to let that go?

### » Letting Go of Pain | Reread Genesis 50:15-17; Psalm 51:1-4 (12 minutes)

- In what ways can an honest apology open the door for blessing and reconciliation?
- Why would God and Joseph be justified and blameless in judgment against the brothers?

### » Can You Really Forgive? | Reread Genesis 50:18-21; Colossians 3:12-17 (12 minutes)

- What outcome does Joseph connect to his suffering?
- Discuss how Joseph exhibited the Colossians 3:12-17 attitude. How was he loving and thankful?

### » How to Move On | Read Matthew 6:9-15; Colossians 2:13-14 (12 minutes)

- How do these passages reframe our thoughts on the importance of forgiveness we give and feel entitled to receive?
- What does it look like to truly forgive someone?

### » Next Steps and Prayer | (15 minutes)

- What is an area of unforgiveness you are holding onto from the past two years? How can you release it today and commit to the future without that weight?
- Close by praying for one another to honestly reflect on the areas of unforgiveness in your lives and ask God to bring healing.