

THE GOODNESS OF GOD

VISION 2024



# Forgiveness

A PRACTICE TO GO DEEPER

*generations*  
church leipzig



# *Week 2*

GENERATIONS CHURCH RESOURCES

# Why do we forgive others?

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This week we are going to focus on the “why” of forgiveness.

Starting off we want to take some time to really reflect on what Christ has done for us. Being a disciple means to really follow in the footsteps of Jesus. Today we are going to journey with Jesus on his way to the cross and through the few hours before his death.

There is something so powerful about looking into the ways of Jesus. They can transform our hearts and make us desire to be more like him. Take time to notice what was done to Jesus and his response in the end.



# Read the Word

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Matthew 27:1-2 (ESV)

When morning came, all the chief priests and the elders of the people took counsel against Jesus to put him to death. And they bound him and led him away and delivered him over to Pilate the governor.

Now continue reading:

Matthew 27-44

Luke 23:34 (ESV)

And Jesus said, "Father, forgive them, for they know not what they do." And they cast lots to divide his garments.

# Journal Questions

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- What happened to Jesus? How deep was his suffering?

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- What did Jesus do to deserve such a death? What was Jesus' response?

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- How does this speak to you about being a follower of Jesus?

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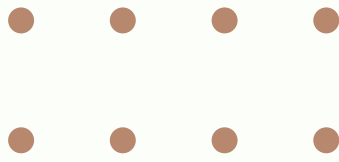
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- How does reflecting on the suffering and forgiveness of Jesus help you when you consider forgiving people who have harmed you?

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# The Practice

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Here is the practice for this week.

## **Part One**

Over the next three weeks we are going to take a deep look into the story of Joseph. The things we want to notice throughout is the story of forgiveness and reconciliation so keep your eyes open to the significant turning points.

Read Genesis 37 and journal the following questions on the following pages.



# Your thoughts

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- How has bitterness and unforgiveness taken root in this story?

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- Is Joseph completely innocent in his part? Explain your answer.

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- Which brother wanted to rescue Joseph?
- Which brother wanted to sell him?
- How would you feel if you were one of the brothers, Joseph, and Jacob?

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# Part Two

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In this part we want to go deeper into the reason why we forgive. The first part is because we are following in the footsteps of Jesus. We live in a world that says fight for your rights. Get revenge. Take back what was taken from you. Then we look at Jesus and he says go the extra mile.

When someone asks for something, give them two. When someone hurts you, turn the other cheek. This is such a different view than the world. (Matthew 5:38-42)

*Why would God call us to this extraordinary way of life?*

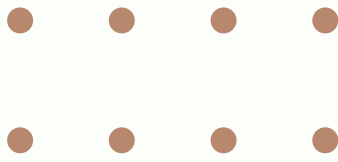


# Going deeper

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We have heard it said, hurt people hurt people. Choosing to forgive those who have harmed us puts a hard stop to the cycle of causing harm. We absorb the pain within us. Not burying it. Absorbing it and bringing it before God to be dealt with through his process. The difference between absorbing and burying is that burying means it has not been dealt with. It is placed in a deep hole and covered up. When it is dug up again it may at best be found just as it was before, or more likely it may have festered and become worse than before. We may have thought we had put it away and that we wouldn't need to deal with it again but we most likely will find bitterness, anger and unforgiveness has developed. Stopping the cycle of hurt is an important part in our process of forgiveness.





Absorbing the hurt also does not mean we never talk about the hurt that was inflicted on us with the one who harmed us. Confronting one another in love is an important part of community and our Christian walk. It is however putting down our desire to retaliate and to not cause harm back.

Journal the following questions on the next page and reflect on your life.

# Take the next step

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# Reflection

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- When have you continued the cycle of hurt in your relationships?

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- When have you absorbed the hurt and stopped the cycle?

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- Are there hurts that are currently buried?

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- Reflecting back on Jesus, how did Jesus absorb the hurt and stop the cycle of hurt?

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# You're not alone.

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Take some time this week to pray about the hurts that may be buried and need to be brought before God to start the process of healing.

If there are things that feel too deep to do alone please seek out a confidant or counselor to help you in the process.



# generations

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*Week 3*

WOCHE 3

