



## rGroup Guide

Forgiveness Healing | Pastor Miles McPherson | February 23, 2020

**D12 Monthly Focus for February: *Gracefully gives and receives forgiveness.***

### ***Recite the Do Something Disciple Prayer***

“As a Do Something Disciple, I am in a disciplined pursuit for the heart of The Father,  
a heart that is being perfected in love for God and people.

#### **Father give me a heart that:**

- Desperately seeks face-to-face intimacy with You.
- Faithfully avoids that which displeases You.
- Humbly embraces a Kingdom Mindset.
- Values making disciples that make disciples.

#### **Jesus, create in me a heart that:**

- Values being guided by the Word of God.
- Gratefully grows in generosity.
- Nurtures a burden for lost people.
- Demonstrates a commitment to a Spirit-filled expression of my gifts.

#### **Holy Spirit develop a heart in me that:**

- Gracefully gives and receives forgiveness.
- Passionately worships God.
- Is dependent on the power of prayer.
- Serves with Humility.

"Father, with Christlikeness as my goal and the Holy Spirit as my Guide, knit my heart with Yours. Fill my heart with Your passions, motivations, and desires. In Jesus' Name, Amen."

### **Sermon Application from Sunday's Message:**

This week Pastor Miles concluded his sermon series on forgiveness. He encouraged us to describe the healing that forgiveness brought between us and God in the past. He wanted us to

describe the healing that forgiveness brought between us and a past offender. Finally, by faith we are to express our healing with our current offender.

**Take time to read through the following materials in your rGroup and discuss the questions provided.**

- What is forgiveness? Restoring the ability of the image of God in us to respond to the image of God in someone who hurt us.
- What forgiveness is not:
  - If I forgive, is what they did okay? No.
  - If I forgive, are there still consequences? Yes.
  - If I forgive, do I need to trust them? No, not until they earn it.
  - If I forgive, do I need to forget? Yes, you need to “forget” the idea of seeking revenge, but no, you need to not forget to protect your heart.
- Read Hebrews 10:16-17
  - How much of your past has God forgotten?
  - How many of your past sins have you forgotten?
- Read Matthew 5:43-48
  - What does it truly mean to love your enemy? Why is this so difficult to do?
- Read the verses below and discuss how you can express your healing with your current offender:
  - Read Mark 10:45 – How do you serve them?
  - Read Ephesians 4:29 – How can you speak nice to and about them?
  - Read Philippians 4:6-8 – How can you think kindly toward them?
  - Read Matthew 5:43-48 again – How can you be praying for them?

**Next Steps:**

- **Share your story about your journey at the Rock Church for our 20 year anniversary next Sunday March 1<sup>st</sup>. Text “twenty” to 52525 to share.**

**Monthly Memory Verse: Mark 11:26** *“But if you do not forgive, neither will your Father in heaven forgive your trespasses.”*

**This Week’s Bible Reading:**

Deuteronomy 1-20

Psalms 25-30