



Rock Church
Pastor Vince Freeman

Forgiveness: Part 1

July 16, 2023

This 11-week series explores requested topics around anxiety and depression, forgiveness, the supernatural, and the role of the Holy Spirit. In part 8, Pastor Vince reviews the story of Joseph to teach us three things we need to release in order to walk in forgiveness.

In your group, review the statements and questions below, then respond accordingly:

1. **We have to release our PRIDE** (Genesis 37:5-11, Colossians 3:13). Forgiveness is not denying, excusing, or forgetting what happened. Forgiveness is a conscious, deliberate decision to release feelings of resentment or vengeance toward a person or group who has harmed you, regardless of whether they actually deserve your forgiveness.

Discussion: Have you ever got so deep into an argument or heated discussion with a friend, spouse, coworker, or neighbor, only to find that you were wrong? Did you admit defeat or just hope the other person never realized they were right?

2. **We have to release OUR POWER over others** (Genesis 41:16, Genesis 45:4-5, Galatians 5:19-21, Galatians 5:16-17). Bitterness is an invitation for your flesh to rule over you. If you're having trouble forgiving someone or receiving forgiveness, surrender that power to God.

Discussion: When someone hurts, wrongs, or offends you, does it give you a false sense of power, justifying your bad behavior toward them? Instead, how should you respond?

3. **We have to release OUR PAIN to Jesus** (Genesis 45:9-11, 1 Peter 5:7, Hebrews 4:15). "To forgive is to set a prisoner free and discover that the prisoner was you."~Lewis B. Smedes. God is with you every moment and hasn't forgotten about you. If you don't release your pain to Jesus, your pride will fuel that pain. Pride, power, and pain are a dangerous combination.

Discussion: Your family, pastor, therapist, or counselor are not designed to handle your pain. Have you fully surrendered your pain to Jesus – what was the outcome?

This Month's Memory Verse – Philippians 4:6-7

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

This Week's Bible Readings & Book Overview Videos

Jeremiah 16-45: <https://bibleproject.com/explore/video/jeremiah/>

Psalms 84-89: <https://bibleproject.com/explore/video/psalms/>

