



MODULE FIVE:
FORGIVING





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1. Reflect on Mateo's story. Have you felt the type of rejection and pain that Mateo experienced? What was your initial reaction and response?





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2. What does forgiveness mean to you? What has helped you to forgive others in the past? What may hinder you from forgiving someone now?

Are there any people you need to forgive? Name them and ask God to help you forgive them. Close your hands tightly and imagine holding all the hurt from these people in your hands. Then open your hands as a sign that you are releasing their hold on you. You forgive them with God's help.





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3. Write some words of praise and thanksgiving to God, rehearsing what He has done for you. Thank Him for His forgiveness. Allow your emotions time to catch up with what you know.

Is there anyone you have wronged? Can you seek forgiveness from them? Write their name and then make a plan to approach them.





SCRIPTURE REFERENCES

Ephesians 4:26-27 (ESV)

Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.

Hebrews 12:14-15 (ESV)

Strive for peace with everyone, and for the holiness without which no one will see the Lord. See to it that no one fails to obtain the grace of God; that no “root of bitterness” springs up and causes trouble, and by it many become defiled.

Hebrews 4:32 (ESV)

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

