

Forgive & Live Week 2

Avoiding Hitchhikers

To process our hurt, we need to:

1. Identify our _____.
2. Identify our _____.
3. Identify our _____.
4. Identify our _____ about God.

Real forgiveness does not occur until we believe that our story has been _____, _____ and _____.

We can get this understanding and validation from _____, an _____ party and from _____.

Our hurt and anger are telling us a _____.

Assumption #1 – “If I feel _____, someone is at _____.”

Types of Hurt

1. _____ hurt
2. _____ hurt
3. _____ hurt
4. _____ expectations
5. _____ hurt
6. _____

What needs to be forgiven is _____ hurt, _____ hurt and the original hurt that produced the _____ hurt.

To resolve unrealistic expectations, I can gain _____ expectations.

To resolve hijacked hurt, I can _____ the _____ back.

To resolve selfishness, I can recognize it and gain _____.

Assumption #2 – “If I _____, it will be _____ for me.”

Forgiveness is good for us because:

We get _____ when we forgive.

We get _____ less harshly when we forgive.

We get _____ when we forgive.

We can press our _____ into Jesus' _____ and let him bear it for us.

Discussion Questions:

1. What did you notice this past week as you did your homework of making a list of your offenders?
2. The author listed three people we can process our story with: ourselves, an objective party and God. Who do you think is the best person for you to process with and why?
3. Take a moment and write down the feelings, body sensations, thoughts and beliefs you had from a recent hurt. If you feel comfortable, share this with the group.
4. As you think about the different types of hurt, which ones have you experienced? (Universal, compounded, perceived, unrealistic expectations, hijacked hurt or selfishness.)
5. What is the story you tend to tell yourself that keeps you from forgiving? Some of those stories could be:
 - a. If I forgive, my offender will not repent.
 - b. Forgiveness leaves me vulnerable to be hurt again.
 - c. My offender does not deserve forgiveness.
 - d. I am better than my offender.
 - e. My unforgiveness gives me some type of control in my life.
6. Jesus died, not just for our sins, but also for the sins done against us. We were not designed to carry the weight of hurt and anger. Jesus is the only one strong enough to carry all the sin that has been done against you. Take a moment and visualize Jesus on the cross. Press your hurt and anger into him and allow him to carry it for you.

Homework Activity: Using your list of offenders, write down each person's offense against you and label the type of hurt each offense is.

My journal:

What happened:

I feel:

I feel it in my body in my:

My negative thoughts:

Sue's journal example:

I feel: angry, scared, hurt and betrayed

I feel it in my body in my: stomach, chest, neck and shoulders

Negative thoughts:

I feel angry because she wanted to hurt me.

I feel scared because I could lose my job.

I feel hurt because she wouldn't believe me that I would pay her back tomorrow.

I feel betrayed because I thought she was my friend.

Negative beliefs about me:

I'm not worthy of having a faithful friend.

Negative beliefs about God:

God can't/won't provide for me.

God should have protected me from this situation.

Truth:

God can/will provide for me.

I have other friends who are faithful.

My negative beliefs about me:

My negative beliefs about God:

The truth: