

Go Deeper Life Group Study

LEARNING TO LET GO

Why Can't I Forgive Myself?

July 11/12, 2020

ICE-BREAKER...

Who inspires you and how are you a bit like them?

GROUP DISCUSSION...

1. Do you find it easier to forgive yourself or other people? Why?
2. Think about a time that you felt guilty. How did that guilt affect you?
3. What are some ways you could start view guilt as an opportunity to grow closer to God?
4. **Read 2 Corinthians 7:10.** What are some of the differences between guilt and shame? What are the similarities? How do you identify which emotion you are experiencing?
5. **Read Luke 5:22-25.** What does this story tell us about the relationship between healing and finding forgiveness? How has forgiving yourself or receiving forgiveness helped you find healing?
6. Why do you think it is so hard to forgive ourselves when we mess up? What can you do to start forgiving yourself? How will you allow God to be a part of this process of forgiving yourself?

REMIND YOURSELF DAILY...

FORGIVENESS DOESN'T CHANGE THE PAST – FORGIVENESS FREES YOU FOR A BETTER FUTURE!

VERSE OF REFLECTION...

How blessed is the one whose transgression is forgiven, whose sin is covered. – Psalm 32:1