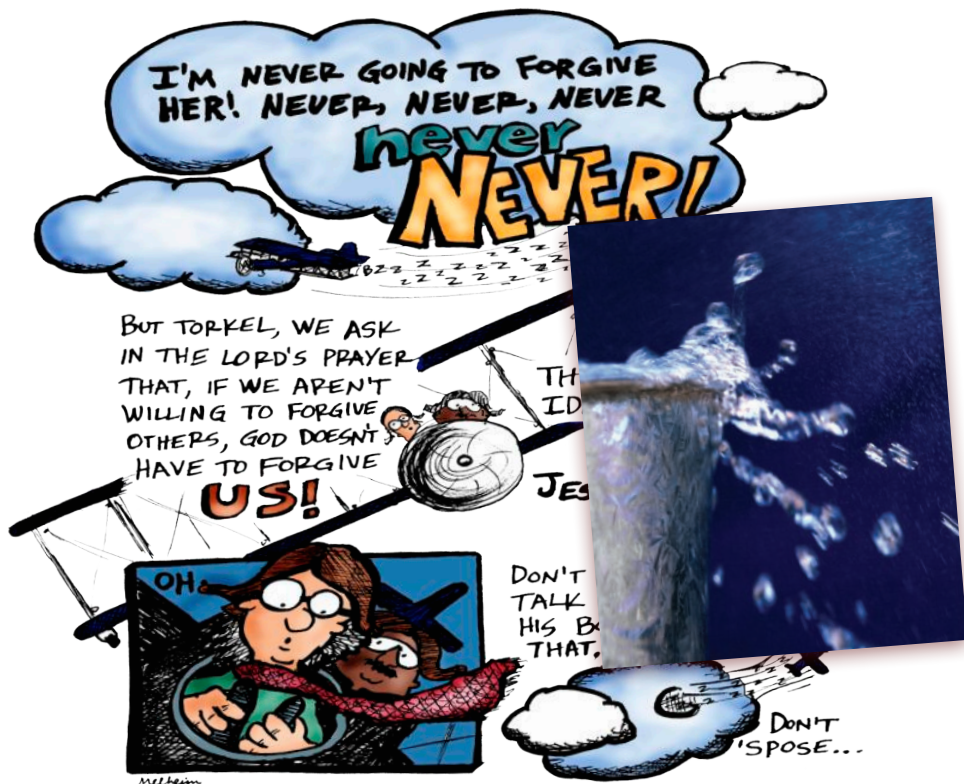




Forgive US



SHARE

your highs and lows

Break into pairs.
Listen carefully and
record your partner's
thoughts in the space
provided. Then return
to small group and
share your friend's
highs and lows.

MY HIGH THIS WEEK

MY LOW THIS WEEK

MY FRIEND'S HIGH THIS WEEK

MY FRIEND'S LOW THIS WEEK



READ

**and highlight
the theme verse
in your Bible**

"Forgive us our debts, as we also
have forgiven our debtors."

Matthew 6:12



TALK

**about how the
Bible reading
might relate to
your highs
and lows**

Choose from the options below to enrich your Talk Time. Invite group members to take turns leading one or more of the following:

IMAGES

1. Choose either the cover photo, cartoon, ink art or painting by Dr. He Qi (back page).
2. Where are you in this work of art?
3. How might the art and the theme verse relate to each other?
4. How might the art relate to your highs and lows?

ROLE PLAY

Assign roles and take turns acting out the following:

1. A friend took money from a club at school and told everyone you did it. Now your classmates all think you are a thief. The friend comes to you asking for forgiveness. What do you say?
2. You have been abused by a relative. They are threatening you not to go public. They say you must forgive them if you are a Christian. What do you say? What do you do?

QUESTIONS TO PONDER

1. What does forgiveness have to do with mental and physical health?
 2. Why do you think Jesus added “forgive us our sins as we forgive those who sin against us” to the Lord’s Prayer?
- d two who need to forgive you. To whom will you speak first? Why?

QUOTATIONS

Choose a quotation (right column) and share your thoughts and questions about it.

Always forgive your enemies—nothing annoys them so much.

Oscar Wilde

The weak can never forgive. Forgiveness is the attribute of the strong.

Mahatma Gandhi

The one who pursues revenge should dig two graves.

Old Proverb

Forgiveness is one of the many horrible side effects of loving someone.

Randy K. Milholland

Forgiveness is the fragrance that a violet sheds on the heel that has crushed it.

Mark Twain

To forgive is to set a prisoner free and discover that the prisoner was you.

Lewis Smedes



Write a definition...

CONSEQUENCE

DEBT

FORGIVE

GRACE

TRESPASS



The Prodigal Son by Dr. He Qi (www.heqigallery.com)



PRAY

for one another's
highs and lows

Gather in a circle. Praise and thank God for your highs. Ask the Holy Spirit to be with you in your lows. Pray for your friend's highs and lows and for your world. Close in Jesus' name.

Prayers for Highs

Prayers for Lows



BLESS

one another

Trace the sign of the cross on one another's foreheads or palms.

REMEMBER 1 THING

Jesus taught his disciples to pray, "Forgive us as we forgive others." There is joy, health and wisdom in living a forgiven and forgiving lifestyle.



FAITH
INKUBATORS

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