



AUGUST 16

# FORGIVENESS

CHIP UHRMACHER,  
CEDAR FALLS CAMPUS PASTOR

## INTRODUCTION

This week, Pastor Chip concludes our *Let's Pray* series focusing on Matthew 6:12-15 which addresses forgiveness and overcoming temptation. Prayer can be a delight and not just a duty, even when it pertains to forgiveness. Forgiveness is costly sacrifice, but it's the only pathway to healing when we are hurt.

## DISCUSSION

1. Pastor Chip speaks of discovering a couple friends who delighted in prayer early in his Christian walk. When does it feel like prayer is a duty, and when is it a delight?
2. Pastor Chip stated, "Forgiveness is a costly sacrifice. The one who forgives willingly absorbs the cost of what was done to them." He also stated, "Forgiveness is not forgetting, trusting or sweeping it under the rug." Using those two descriptions of forgiveness, explain how true forgiveness should look.
3. **Read Matthew 6:12-15, Matthew 18:21-35 and Colossians 3:12-13.** What are the benefits when we choose to forgive?
4. What are some practical steps we need to take to forgive others? **Read Ephesians 4: 26-27.** How does one's unforgiveness create bondage in our lives, which can then be used by the enemy?

## DO SOMETHING

1. Spend some quiet time with God and ask Him if you are holding anger, resentment or bitterness in your heart toward anyone. Then, use the Forgiveness resource link listed below and apply it to anyone whom God laid on your heart.
2. **Read Matthew 5:38-48** and practice this when dealing with someone who is difficult to forgive.
3. If your lack of forgiveness results from fear, follow God's instructions in **Romans 12:17-21.**

## RESOURCES

1. [Forgiveness resource](#) put together by Pastor Chip
2. 21-Day Prayer Guide, week 3/days 15-21 addressing forgiveness, available for download on the [Prairie Lakes Church website](#)