



“Forgive and Forget?”
...Contentment in My Relationships
Ephesians 4:31-32
Session Six

Let it Go! Let it Go!

- _____
- _____
- _____

Give it out!

- _____
- _____
- _____

True Contentment is lost when clinging to _____ and _____
but found when giving _____ and _____.

Discussion Questions:

Icebreaker: Who was your best friend in High School? Are you still friends?

Review your scripture memory (Philippians 4:6-8).

From Calm My Anxious Heart:

- What does it mean to go beyond forgiveness?
- In what ways (and for whom) did Jesus go beyond forgiveness?

From the Large Group Time:

- What kind of behavior or interaction is most hurtful to you in a relationship? What things tend to get you in a “twist?”
- When you are hurt, angry, or frustrated, how do you tend to respond? (e.g., “stuff and simmer,” “boil and spew,” “burn and harden,” “lash and regret,” “wait and pounce,” “jab and deflect,” etc.) What steps could you take to “just stop” that response?
- Do any relationships come to mind (no names or specifics, please) in which you need to “let go” of destructive attitudes and responses? What steps are you willing to take this week to “give out” kindness and tenderness in those relationships?
- How do you decide whether and when to forgive? Is there anything you should change about those decisions based on today's lesson?

For next week:

Read Calm My Anxious Heart, chapter 7, “A Faulty Focus.”

Do the associated homework assignment at the back of the book.

Continue memorizing...

Philippians 4:6-8 (NIV)

6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.