

Forgiven || How to Forgive Yourself**Group Notes****INTRODUCTION**

How free would you be if you could let go of guilt and forgive yourself? Guilt says, “I owe you.” We must face the truth of what we have done and step out of denial. We confess to God and we confess to others.

CONVERSATION STARTERS

1. What is something you purchased and experienced buyers remorse?
2. If you were given \$100 and were told you had to give it away, how would you do it?

SERMON NOTES REVIEW

Looking back at your message notes from this weekend’s teaching, was there anything that caught your attention, challenged you, or confused you?

WATCH THE VIDEO

[CLICK HERE](#)

GROUP DISCUSSION

1. Why is it so difficult to forgive ourselves?
2. Read [1 Timothy 1:15-16](#). Guilt says “I owe you”, but what does God's word say?
3. When we step out of denial of our sin, how does that impact our relationship with God?
4. Read [James 5:16](#). Share a time when you have confessed and then experienced God’s healing in your life. How did this confession free you from the bondage of guilt?
5. In this week's video, Chad referenced the Lord's prayer by saying "forgive us of our debts as we should forgive our debtors". How does it make you feel that your debts have been forgiven and how does that change how you forgive others who have wronged you?

PRAYER

Go around your group and ask for prayer requests. As a group, spend time praying over each other. Check your HEART. Are you Hurting, Exhausted, Angry, Resentful, or Tense? Pray for the Holy Spirit to reveal any of these areas and ask for help to take the necessary steps to find healing.

ANNOUNCEMENTS

- Women's Sprint starts this week! Join other women for a 4 week conversation about Jesus and women with practical application for today. You can find location/times and sign-up at womens.sv.cc
- Baptisms are right around the corner on May 6 and 7. If you have said Yes to Jesus, baptism is your next step. You can find out more information and sign-up at baptism.sv.cc.
- Celebrate Recovery is a safe place for anyone with hurts, habits, and hang-ups. Learn more and find a campus near you to start your recovery at cr.sv.cc