

## C3 Group Questions

**Accountability:** Did you read/listen to the Bible & pray this week on a regular basis? If so, share what stood out to you in your time with God?

**Ice Breaker:** Have you ever wronged someone accidentally or on purpose, then owned your actions & asked that person for forgiveness? What do you think taking responsibility for your actions did for that person?

**Review:** What one thing stood out to you (either helpful, insightful or troubling) from the weekend's message?

**Individual:** Take 1-2 minutes individually to read & think on Ephesians 4:26-27.

### **Group Discussion:**

Share what the passage above is saying to you?

Talk about a time when you've seen a person unable to get past a wrong done to him or her by someone else. In what ways did that person's inability to move on affect him or her?

Read Ephesians 4:26. Do you tend to resolve your anger quickly or do you have trouble letting it go? How does that affect your relationships? How do you think it affects the quality of your life?

During the message we asked, "*How long do you intend to allow the people who mistreated you to influence you?*" Talk about a time when you've given someone power in your life by holding a grudge against him or her (even if that grudge was warranted by what that person did to you).

What are some obstacles to deciding not to drag the wrongs others have done to you into your future? What would need to happen for you to overcome those obstacles?

Who is one person you need to forgive, not necessarily for his or her benefit but for your future? What can you do this week to take a step towards forgiving? How can this group support you?

How can this group pray for you this week? Who in this group can you pray for this week?

**Next Steps:** (*"Do not merely listen to the word.....Do what it says."* James 1:22)

To ensure next time is better than last time, release the past so the past can release you. Pardon others as God has pardoned you. Decide they don't owe you anymore. That's not easy to do, but when you wait on others to make the first move, you hand them the keys to your future.