



Good Bones – Week 4

ADULT GROUP DISCUSSION QUESTIONS**GROUP PREP**

In preparation for group, [watch Emmanuel's weekend service message](#), then answer the following discussion questions.

SOCIAL TIME (15-30 minutes)

Have an ice-breaker ready, eat a snack together, and/or go around the circle asking your group members to share any news since your last meeting. Be intentional in helping your group members feel connected during this time and make it fun.

Ice-Breaker suggestion: If you could be on a reality tv show, which one would you choose to participate in?

CHECK-IN TIME (15-30 minutes)

Talk about what you did last week to complete your action step.

GROUP DISCUSSION QUESTIONS (45-60 minutes)

The quality of your life is the result of your closest relationships. This month, we've been talking about how relationships with good bones involve commitment, trust, communication, and forgiveness. Forgiveness is canceling a debt, it is a gift to the forgiver, and it affects our relationship with God just as much as our relationship with those around us.

1. True forgiveness is canceling a debt. Yet sometimes, when we set out to forgive, we default on something else – forgetting, getting over it, moving on, ignoring it, downplaying it, hiding it, or denying it are a few of the ways we attempt forgiveness.

Which one of these do you usually default to when trying to forgive? What is it like to walk through life in that mindset?

2. When the people in our lives hurt us, it is easy to think we are owed something. When has hurt in a relationship left you feeling owed something? What, in your opinion, did they owe you?

The choice to forgive someone does not mean that their actions were okay. It means we reflect God in **our** actions by canceling a debt, despite if they have repaid what we feel owed. When we do this, we get peace in return.

**Good Bones – Week 4**

Are you reflecting a good image of Jesus to the people in your life through how you forgive?

Read [Matthew 6:14-15](#). The Bible is very clear that our ability to forgive impacts our own forgiveness. Have you heard/noticed this verse before? How does it hit you?

3. When we choose to be offended, rather than to forgive, we walk around in anger, resentment, and bitterness. When we choose to forgive, we begin to grow in love, joy, and peace, and deepen the abundant life Jesus came to give us.

If we believe that forgiveness is a gift to ourselves, what is keeping you from pursuing that gift and the abundant life that comes with it?

ACTION STEP (10-15 minutes)

Choose one of the following or create your own. Consider finding an accountability partner within your group to walk alongside you this week.

- **Forgive Daily:** At the start of each day, ask God to bring to your attention anyone you have not forgiven. Pray for them and release any offenses to the Lord.
- **Bible Study:** Do a study on forgiveness. Consider using the [YouVersion Bible App](#) for access to lots of reading plans.
- **Seek Counseling:** Connect with Emmanuel's [Counseling Center](#) or your Campus Pastor to work through any bitterness or unforgiveness you may be carrying.
- **Study Scripture:** Meditate on and/or memorize scripture. Consider one of the verses/ passages: [Luke 17:4](#), [Ephesians 4:32](#), [Matthew 6:14-15](#)
- **Get Accountable:** Find a friend, share the changes you are going to make, and allow them space to hold you accountable to those changes.
- **Daily time with God:** Determine the type of routine you'd like to have that allows you to spend time learning about what pleases God. Here are some ways to do this:
 - [Download the Emmanuel app](#) and read the One Year New Testament daily.
 - If you recently placed your faith in Christ and texted SAVED to 65248, read the devotional provided in your starter kit.



Good Bones – Week 4

PRAYER (5-10 minutes)

Ask your group to share two things:

- Prayer requests for themselves and the people in their lives.
- Ask for reasons to praise God. It is great to come to God in thanksgiving for all He has done.

Keep note of the burdens in people's lives and notice when God moves in those areas specifically. We believe God will see prayers become praise, and it is an opportunity to increase our faith when we are in the position to bring that to light.

GROUP SERVING OPPORTUNITIES

Clarity is a local partner of Emmanuel Church. Their mission is to support life through health, counseling, and educational services. You can learn more about how to serve at one of their locations at claritycares.org/get-involved/

For further questions contact outreach@eclife.org.

UPCOMING EVENTS

Impact Team Night | March 13

Baptism Weekend | April 9

You can find more information on all of these events at eclife.org.