



## Week 5: From Wounded to Whole

### FACILITATOR'S NOTE:

- ✓ Start your group discussion with the “Check-in” question to help your members reflect back on their week and follow up on last week’s application challenge.
  - ✓ Review the “Big Idea” to help you gain clarity around the heart of this week’s message and focus your group’s discussion towards a clear direction.
  - ✓ Read this week’s scripture passages together and guide your group through the “Discuss” questions to initiate meaningful dialogue around key concepts or insights from this week’s message.
  - ✓ Move your group discussion to a deeper level by leading them through questions in “Apply”. Use discernment to customize these application questions to meet the needs & dynamics of your group.
- NOTE:** You do not have to cover all the questions provided in “Apply”.
- ✓ Connect with God together as a group through this week’s “prayer practice”, which can be in the form of a prayer exercise or some guidance on what to pray for in relation to the message or application.

### UPDATED NOTES TO FACILITATORS RE: COVID-19

During this unprecedented time of the COVID-19 pandemic, the primary focus of your group should shift to the immediate needs and mental health of your members. We are adopting a **C.P.R.** approach during this season, which stands for the following:

- **Care** refers to the love and support that we offer in our groups, from helping one another with tangible needs, rejoicing in celebrations together, and supporting personal struggles with encouragement and empathy
- **Prayer** refers to offering our gratitude and praise to God, bringing our worries to Him, and praying for our community and world
- **Remembering** refers to reflecting on God for who He is, what He has personally done in our lives, and what He is capable of doing

DQs will continue to be provided for our sermon series, but will be shortened and simplified since your group’s attention and time should be devoted more towards CPR. For more resources on care and prayer, check out the Slack channels.

### CHECK-IN

What landed with you from this week’s message?

<p><b>BIG IDEA</b></p>	<p>It is inevitable that we will experience hurts and wounds from people. Sometimes the wounds are so deep that it is hard to forgive, but if we don't forgive, it can eventually be toxic to the soul. The power to forgive comes when we truly see how much God has ultimately forgiven us.</p>
<p><b>DISCUSS</b></p>	<p><b>Read Matthew 18:21-35 together.</b></p> <ol style="list-style-type: none"> <li>1. In verse 21, Peter asks ‘how many times should I forgive my brother <i>when</i> he sins against me?’ If we know that we will be wounded by someone, why does it still hurt so deeply?</li> <li>2. In Jesus’ parable, the Master took pity on his servant and cancelled his debt (verse 27). What does this verse tell us about God’s character? What does this say about God identifying with us?</li> <li>3. Do you find yourself “counting” the number of times you forgive someone? Why is counting the times you forgive someone not real forgiveness?</li> </ol>
<p><b>APPLY</b> How do we respond to God’s teaching in meaningful ways? What might God ask of us in mind, spirit, or actions?</p>	<ol style="list-style-type: none"> <li>1. What wounds are you still carrying with you and for how long? Which steps do you need to take to help you forgive? <ol style="list-style-type: none"> <li>i. Take pity on the one who hurt you</li> <li>ii. Cancel their debt</li> </ol> </li> <li>2. Is there a person that you need to reconcile with? How has this message helped you on that journey to reconciliation?</li> </ol>
<p><b>PRAYER PRACTICE (15 minutes)</b></p>	<p>Being wounded is inevitable, but we don’t have to carry our wounds alone. Take time to pray to God and lift your pain to Him. Also take time to pray for the people who have hurt you, releasing them into the Father’s care.</p> <p>During these times of great need around us, practicing prayer more regularly or intensely as a group can serve as an act of care, mission, and communion with God.</p>