

**FOLLOW UP QUESTIONS FOR HUBLETS OR ALONE.**

Why is forgiveness essential to family?

Which inspirational stories of forgiveness have shaped your life?

Consider the progression from Cain and Abel to Joseph & his brothers  
What are the key stages which cause the journey to go that way,  
rather than into 'revenge tragedy'?

What inside us resists forgiving others.

Why is God forgiving us, the foundation for us forgiving others?

Read through Romans 12.14-21 again.

What key characteristics stand out to you at the moment in this?

Look through each step of the process of forgiveness:

- Why is emotional honesty essential?
- How does this process change when we bring it into God's light?
- Are you someone who likes to use blunt language or play down injustices done against you?
- Look at the choice of the will. What strikes you most from that list?
- Why does it help to say it out loud?
- What happens when we chose to bless someone having forgiven them?

**Take some time with God.**

**Is there anyone he is showing you that you need to forgive?**

If you want a freedom prayer time and are in a Connection hub or small group, how about booking one via [sanctuary@stchadsromiley.co.uk](mailto:sanctuary@stchadsromiley.co.uk)

**Living Free pt 12 - Forgiveness  
Koinonia pt 2 - Reconciliation**

Genesis 45.1-15 • Colossians 3.12-15 • Romans 12.14-21

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The gateway to true freedom is repentance & forgiveness

Forgiveness is essential for Koinonia

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**Joseph & his brothers - Genesis 45.**

Favouritism and jealousy

Brothers sell Joseph into slavery

The power dynamics change

Judah's change of heart

Revenge or Reconciliation?

**FORGIVENESS IS THE FOUNDATION OF FAMILY.**

Cain & Abel - Murder

Isaac & Ishmael - stand together at Abraham's funeral

Jacob & Esau - Meet, embrace, separate

Joseph & brothers - forgiveness, reconciliation, co-existence

*'Historically and psychologically, families precede society and state.  
... When people lack the ability to forgive, they are unable to resolve  
conflict. The result is division, factionalism and the fragmentation of a*

*nation into competing groups and sects. That is why Joseph's forgiveness is the bridge between Genesis and Exodus. The first is about the children of Israel as a family, the second is about them as a nation. Central to both is the experience of slavery, first Joseph's, then the entire people. The message could not be clearer. Those who seek freedom must learn to forgive'*

[Rabbi Jonathan Sacks]

### Forgive as the Lord forgave you - Colossians 3.13

Forgiveness is one of the most fundamental expressions of Love

#### Romans 12:14-21 (highlights)

14 Bless those who persecute you; bless and do not curse.

16 Live in harmony with one another. Do not be proud, ... Do not be conceited.

17 Do not repay anyone evil for evil.

18 If it is possible, as far as it depends on you, live at peace with everyone.

19 Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.

21 Do not be overcome by evil, but overcome evil with good.

### STEPS

#### 1. Emotional honesty

Recognise the anger or bitterness in your heart.

If its buried - dig it up!

Be alert to misplaced anger.

Ask God - 'why am I so angry?'

#### 2. Bring that anger to God

#### 3. Name the injustice done against you.

Use raw, honest, real language & express your feelings

#### 4. Forgiveness starts with a CHOICE

Revenge	Forgiveness
I want them to suffer	I want them to flourish
Punishment	Mercy
Cling to wrong	Keep no record of wrongs
Strive for justice	Hand the injustice to God
Broken relationship	Open to love and reconciliation
I cling to the power I have	I give up my power

1 Peter 2.23 (*when persecuted, Jesus*)

*'entrusted himself to him who judges justly'*

This choice is about the will, not the feelings.

Forgiveness is a journey, we set our direction and choose to keep going that way.

#### 5. Say it out loud

#### 6. Ask God to bless them