

# Forgiving One Another

**FOCUS:** Jesus forgives and restores us when we fail him.

**BIBLE BASIS:** John 21:12-20

**DEFINITION:** Forgiveness is the act of pardoning somebody for a mistake or wrongdoing

## **IN ADDITION TO THE SPIRITUAL, WHAT ARE SOME OTHER BENEFITS OF FORGIVENESS?**

holding on to grudges and bitterness results in long-term health problems. Forgiveness, on the other hand, offers numerous benefits, including:

- Lower blood pressure
- Stress reduction
- Less hostility
- Better anger management skills
- Lower heart rate
- Lower risk of alcohol or substance abuse
- Fewer depression symptoms
- Fewer anxiety symptoms
- Reduction in chronic pain
- More friendships
- Healthier relationships
- Greater religious or spiritual well-being
- Improved psychological well-being

Remember that forgiveness often isn't a one-time thing. It begins with a decision, but because memories or another set of words or actions may trigger old feelings, you may need to recommit to forgiveness over and over again.

## QUESTIONS TO CONSIDER:

1. Have you ever experienced negative health concerns from not forgiving someone, or positive health benefits because you did forgive someone?
2. Is forgiving others something you do out of your own power, or do you need the help of the Lord to do it? Explain.
3. Do you regularly ask the Lord to forgive you for the wrong things you have done? Do you believe He has forgiven you? Why?
4. Do you ask others to forgive you when you have wronged them? If so, have they forgiven you? How did this affect you?
5. Is it true that we need to forgive and forget? In other words, when you forgive a person who has done a great wrong against you, does that mean you forget what happened? Explain.