

Prayer Ministry Small Group Study Guide

Lesson 4. Exercise: Being Forgiven

Invite the Holy Spirit to examine your heart and convict of any sin. Use any thoughts, feelings, or memories brought to your mind to identify a sin from which you are ready to be forgiven. Use the column on the right to make notes and track your progress.

Conviction How the Holy Spirit got your attention regarding this sin (conscience, regret, pain, insight, embarrassment, sorrow, etc.)	
Confession List the specific debt or offense(s) contained in the sin (dishonor, betrayal, rejection, disrespect, rebellion, etc.)	
Prayer for mercy <i>"Lord, I confess that these are debts I owe and cannot repay: _____. I am sorry, and ask that You forgive and release me from this obligation."</i>	
Repent <i>Lord, thank You for Your mercy. Is there anything You would invite me to do as an act of repentance?</i>	
Restoration Check for indications of forgiveness (inner peace, lighter, release, relationship, etc.)	

Prepare to ask someone to forgive you, using the table below:

Person	
Evidence (The events or choices)	
Offense (The unpayable debt)	
Request for mercy <i>(Person), it was wrong for me to (evidence) because it cost you (offenses). I am sorry that I did this, and I do not have the means to make it right. Would you please forgive me?</i>	

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Sharing: Being Forgiven

Answer these discussion questions in your small group:

- How do you know when you are coming under the conviction of the Holy Spirit?
- What is the first signal you receive when you have sinned against God?
- How does that differ from your first awareness that you have offended another person?
- How do you describe the weight of sin?
- What does it feel like to receive forgiveness from God?
- Choose an event or circumstance and then brainstorm likely offenses.
- How do you overcome the desire to justify yourself?
- What can you do about repeated offenses?

Read Matthew 5:23-24 and pray for each other, asking the Holy Spirit to reveal any offense someone is holding against you. Discuss the strategy you will use to ask that person to release you from that offense.

Caring: Being Forgiven

Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. - James 5:16.

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. - 1 John 1:9

Pair up in your small group and follow the instruction of James 5:16. Take turns acting as confessor and witness. The confessor prays aloud, confessing his sin (offenses) to God and asking Him to forgive. The witness listens in and then confirms by proclaiming the promise of 1 John 1:9.