

Champions Arise Study Guide
Series: Adult Children of Divorce

Program #CA 49 (ACD) – Adult Children of Divorce (ACD): Issues with Forgiveness pt. 1

Focus passage – Matthew 6:12, “*And forgive us our debts, as we forgive our debtors.*”

1) Are you more likely to forgive or hold a grudge against someone who offends or hurts you?

2) What is a key requirement of forgiveness?

Webster’s definition of forgiveness is to give up *resentment against, or the desire to punish, or to give up all claim to punish or exact penalty for an offense.*

3) What types of things might be on an ACD’s unwritten list of wrongs they’ve experienced?

4) What questions can we ask to check if we have unforgiveness in our heart?

1. _____
2. _____
3. _____
4. _____

5) What is God’s view of forgiveness?

“For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.”
Matthew 6:14-15

Commitment: I commit to be obedient to God’s word on forgiveness.

Adult Children of Divorce: Issues with Forgiveness pt. 1 – LEADER’S GUIDE

1. Thank everyone for coming.
2. Open in prayer
3. Read the focus passage.
4. Ask men to answer Question #1
5. Listen to the program: “Adult Children of Divorce: Issues with forgiveness pt. 1”
6. After the program is finished, allow time for comments or questions on the program
7. Review the answers to the four remaining questions with the men in the group. Encourage everyone to participate, but never force or shame someone into participating.
 - a. Question #2 answer: To give up our right to punish the offender or hold unforgiveness against them.
 - b. Question #3 answer: Examples include: losing friends because of a move, having to choose to live with the mother or father, being forced to live with the mother or father, not being able to communicate with the ex’s family, being treated unfairly by stepparents, never having enough money to buy necessities, having to be with or live with the person your parent had the affair with.
 - c. Question #4 answer:
 - 1) Do you have a problem being around certain people? You “can’t stand” being with them.
 - 2) Do you find yourself wanting to strike out at people when certain things happen?
 - 3) Do you lose your temper over little things?
 - 4) Do you have a secret desire for vengeance?
 - d. Question #5 answer: We must forgive others.
8. Ask the men what was most important to them from this teaching.
9. Ask the men to hold each other accountable for eliminating unforgiveness in their lives.
10. Confirm the time for the next meeting.
11. Take prayer requests.
12. Close in prayer

Sample prayer: Heavenly Father, please reveal to us where we are holding unforgiveness against others – particularly our wives and families. In Jesus name, Amen.