

Champions Arise Study Guide
Series: Adult Children of Divorce

Program #CA 50 (ACD) – Adult Children of Divorce (ACD): Issues with Forgiveness Part 2

Focus passage – Mark 11:25, “*And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins*”

1) Have you ever discovered that you had unforgiveness toward someone?

2) What are five misconceptions about forgiveness?

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

3) What steps can we take to help us forgive?

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

4) How do you know when you have forgiven someone?

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

Commitment: I commit to eliminate any excuses for not forgiving those who I feel have wronged me.

Adult Children of Divorce: Issues with Forgiveness Part 2 – LEADER’S GUIDE

1. Thank everyone for coming.
2. Open in prayer
3. Read the focus passage.
4. Ask men to answer Question #1. Remind the men these sessions are confidential.
5. Listen to the program: “Adult Children of Divorce: Issues with Forgiveness Part 2”
6. After the program is finished, allow time for comments or questions on the program
7. Review the answers to the three remaining questions with the men in the group. Encourage everyone to participate, but never force or shame someone into participating.
 - a. Question #2 answer:
 1. To forgive you must forget
 2. Forgiving does not mean you automatically trust the person.
 3. Forgiveness does not require reconciliation.
 4. Forgiveness does not require going to the offender and confessing your forgiveness.
 5. Forgiveness doesn’t deny a hurt occurred.
 - b. Question #3 answer:
 - 1) Fill your heart and mind with God’s word.
 - 2) Pray for the Lord to give you the desire to forgive.
 - 3) Pray to understand the hurts and losses you’ve experienced.
 - 4) Pray to understand the other person’s position
 - 5) Get an accountability partner to help you with this process.
 - c. Question #4 answer:
 - 1) You’re desire for vengeance or “justice” is gone.
 - 2) You stop keeping score so you can bring it up later.
 - 3) You don’t say de-edifying things about the person anymore.
 - 4) You can wish God’s blessings on that person.
 - 5) We are open to whatever God wants in that relationship.
8. Ask the men what was most important to them from this teaching.
9. Ask the men to create a list of people and offenses they need to forgive, and be accountable to each other for working toward forgiving them.
10. Confirm the time for the next meeting.
11. Take prayer requests.
12. Close in prayer

Sample prayer: Heavenly Father, please help us to apply biblical forgiveness to our relationships. In Jesus name, Amen.