



INTRODUCTION:

Unshackle - people from the prison of your bitterness and resentment, so that you can live in freedom.

The most damning indictment against unforgiveness is that every person you've incarcerated in the prison of unforgiveness requires you to remain there as a prison guard. There are people that you have shackled because of great offenses they have perpetuated. The only problem is that you are the person at the other end of the chain. Your refusal to let them go also keeps you stagnate, unable to reach your full potential and accomplish what God has assigned to your life.

DISCUSSION QUESTIONS:

1. What stood out most to you from this week's conversation entitled "Unshackle"?
2. In your life have you struggled with unforgiveness? If so, what have been some of the contributing factors?
3. This week we talked about the idea of "Arrest." Have there been times when you've arrested people under false pretenses? How difficult was it for you to admit you'd made a mistake?
5. The importance of giving voice to your feelings was a major point this week. How well do you process and articulate your feelings when you feel you've been wronged? If that is a struggle for you, discuss why.
6. Have there been times when having a conversation with someone you need to forgive has illuminated something about the person that caused you to be empathetic? Talk about how understanding a person's context helped you to be more compassionate and forgiving.
7. Forgiveness does not always mean everything goes back as it was. Talk about a time when forgiveness also included a modification of interaction, and how you handled that change.

WEEKLY JOURNAL REFLECTION:

Meditate on Colossians 3:12-14 and thank God for the forgiveness that you have received as His child. In your quiet space, ask God to show you any areas in your life where unforgiveness may be at work. As you are made aware of these areas, do not fall into condemnation or morbid introspection. Instead, celebrate the graciousness of God as he gently ushers you into a process of healing, forgiveness and restoration! Don't forget to complete your weekly journaling and to check out the "Expert Roundup." All of these resources can be found at www.geremydixon.com.

