**Sunday 21st February - Love and Forgiveness**

**Read Luke 6:27 – 38**

*Experiences of conflict, hurt and forgiveness may not be easy for people to talk about (perhaps more so in the less personal environment of Zoom), so may you have wisdom in how you discuss these things with your group.*

* What tends to be our typical response when we find ourselves in conflict with another person? Do they come down to ‘Flee, freeze or fight’?
* If we are hurt by someone, do you think we are always clearly aware that we may be holding unforgiveness or resentment towards them? What emotions might we be feeling?
* How does unforgiveness affect our inner life? Does the saying ‘*Unforgiveness is like drinking poison and hoping the other person will die*’ help us here?
* What can lead us to an awareness of our need to forgive and a willingness to do so?
* Why do you think Jesus said ‘*Forgive and you will be forgiven*’ (v37). Why is it so important that we have to forgive as God has forgiven us? If time, you may like to look at the parable of the unforgiving servant in Matthew 18:23-35.
* ‘Be merciful as your Father in heaven is merciful’ (v36). In showing mercy and forgiveness we demonstrate the same qualities as God our Father. Does this help us in dealing with people we might otherwise consider our enemy?

Additional Note

We often struggle to have a conversation with someone who has hurt us or with whom we have a conflict. There is a very helpful Christian book by Dr Henry Cloud and Dr John Townsend ‘[How to Have That Difficult Conversation: Gaining the Skills for Honest and Meaningful Communication](https://www.amazon.co.uk/Have-That-Difficult-Conversation-Communication/dp/0310342562/ref%3Dsr_1_1?crid=1ZXSHXEVHGRP2&dchild=1&keywords=how+to+have+that+difficult+conversation&qid=1613647584&sprefix=how+to+have+that%2Caps%2C150&sr=8-1)’ which I would recommend.

 [](https://www.amazon.co.uk/Have-That-Difficult-Conversation-Communication/dp/0310342562/ref%3Dsr_1_1?crid=1ZXSHXEVHGRP2&dchild=1&keywords=how+to+have+that+difficult+conversation&qid=1613647584&sprefix=how+to+have+that%2Caps%2C150&sr=8-1)