



**“Nitty Gritty” ” – September 28th
“Getting Over It”**

Big Idea: We are free when we forgive.

Open It: What is your favorite Husker Football Memory? If the Huskers are not your favorite team then what is your favorite memory of your favorite team?

The Nitty Gritty of our Heart probably reveals some hurt. As we live we are guaranteed a measure of hurtful relationships. Many of us have been hurt in difficult and extreme ways. What are we to do with that hurt? The answer to that question is so simple yet so difficult. Paul in Ephesians 4 gives an encouragement to us that might seem very simplistic and somewhat insensitive but in it there is a powerful remedy for a bitter heart. Be prepared to face the challenge of forgiveness. Get ready for the Nitty Gritty.

Dig It: Read Ephesians 4:31-32

1. Talk about Paul’s credibility when it comes to Bitterness. Where could his bitterness be directed?
2. Paul simply says to “get rid of it.” Do you wish he would say more? Do you wish he could hear your story?
3. How does the phrase, “just as in Christ,” change the way we see forgiveness.

Reflect on It:

1. Talk about the difficulty in making a decision to forgive when the wound is fresh and present.
2. If bitterness is not addressed how can it become a part of you? Has this ever happened to you?
3. Talk about the challenge of not focusing on the person who hurt you? Respond to this statement: You will never find freedom focused on people who have hurt you.
4. Talk for a moment about God’s forgiveness. Specifically how did he forgive you? How can we focus on that fact?

Do It:

1. This may be difficult but pray for God’s healing as you process the following questions. (Note: this process may need to be done over time in private so encourage the members to start this process. If some want to talk about it that is fine but be sensitive to where the group is.) Pray for the group to:
 - Identify the who of our hurt
 - Determine what they owe you
 - Decide to cancel the debt.

