



## **Sunday Teaching Discussion Guide: Unconditional? Week 3: March 24, 2019**

### Recap:

- Joseph's story in Genesis teaches us that we have to turn over justice to God. We have to relinquish our desire for vengeance. But to do that we have to be honest with our anger, our resentment, and the hurt we've experienced.
- In the Psalms, rather than stuff away pain, hurt, and temptation for vengeance, the authors speak it out loud to God. Unless these words are released, they will live in darkness inside of each of us.
- For some, our pain, hurt, and resentment has been buried deep with our hearts where we've allowed it to grow into a darkness we are ashamed to share. We whisper words of anger and vengeance as we imagine our enemies facing the justice they deserve.
- Forgiveness isn't ignoring the pain someone caused us or being numb about our feelings or never expressing them. Forgiveness is expressing our hurt to the one who can heal our pain. If we want to learn how to forgive, we must learn to share our hurt with God, who is big enough for you to share your anger. In him and the church, you will find love, acceptance, empathy, redemption, and forgiveness.

### Discuss:

1. READ Psalm 137
2. Why do you think the author sounds bitter and angry? What are they angry about?
3. Do you think the one who actually does what the author of the psalm says would be happy? Why do you think the author views this person as happy?
4. READ Matthew 15:11
5. How are things defile that come out of a person's mouth? What is Jesus saying about the effect of our words?
6. READ Luke 6:45
7. What happens to a person when he or she stores up anger? Why is this detrimental to the person?
8. How do you think communicating anger and frustration to God is going to be beneficial?
9. Do you consider yourself to be someone whose heart is full of anger and resentment or someone? What steps can you take to release some of these feelings?

Pray: Invite members of your group to share prayer requests. Give a short prayer thanking God for your group discussion and asking God to be with the requests that have been shared.

### Read at Home: Additional Readings about Expressing Feelings

- Psalm 34
- Ecclesiastes 3:1-8
- 1 Peter 5:7-10