



**carmelmountain**  
— CHURCH —

**Pray AND Forgive (“The F Word”)  
November 20, 2022**

## **I. Truths about Forgiveness**

1. Do you believe it is possible to *“forgive and forget”*? *Yes or No*
2. Do you find forgiveness differs from person to person and circumstance to circumstance? *Yes or No*

## **II. Truths about Unforgiveness**

3. Do you find it easier to forgive a loved one more than a stranger for the same offense? Or is it the other way around, you forgive strangers but take loved ones to task?

***Matthew 6:14-15, Romans 12: 17-18***

## **III. Wounds**

4. The bigger the hurt the more you need God’s help to forgive.

## **IV. Healing**

5. There are times when the relationship should not be restored, or it is not time yet.

## **V. Grace**

6. Forgiveness is finding God’s grace and His purpose while in the healing process.

**Notes:**

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