



A Guide for Spiritual Formation

Series Theme:	Lord, Teach Us to Pray
Text for the Week:	Matthew 6:12
Message for the Week:	Forgive Us Our Debts and Sins
Theme for the Week:	Learning to Forgive

Week 7

Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week? Write them down and take turns sharing them with the others in your group.

Where have you seen the work of the Holy Spirit in your life this past week?

Do you prefer to receive forgiveness or to extend forgiveness? Why?

Preparation:

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

Read:

Read / Have two people in your group read [Matthew 6:12](#) out loud.

[Clicking this link will bring you to multiple translations.]

As you read and/or listen to the text being read, circle, take note of, highlight, or underline what words, phrases, or ideas grabbed your attention and heart in these verses?

Write them down below and/or share them with those who are with you.

Respond / Reflect:

What would your home, your school, your workplace, your community, your life, and our world look like without forgiveness?

How would you define forgiveness? What is it? What is it not?

What do you do with someone who is unwilling to extend forgiveness...or...receive forgiveness?

How is forgiveness connected to our relationship with God? With other people?

God always forgives me...AND...my forgiveness is dependent upon my forgiving others: How do these go together? Read [Matthew 18:21-25](#) together and talk about it.

How do forgiveness, injustice, and justice go together?

How long do we make slaves of ourselves and/or others for their/our sins?

We have you experienced the freedom that comes from offering forgiveness?

Why do you think asking for forgiveness is a daily request and petition?

“Try It!”

During this worship series on prayer, we are going to be experimenting with different prayer practices each week:

Practice #7: Prayer of Examen – Focusing on Forgiveness

This week, engage in the prayer of examen at the end of each day. Reflect on the events of your day, paying special attention to any persons you need to ask forgiveness from and also to whom you need to extend forgiveness. Who do you need to ask for forgiveness? Whom do you need to forgive?

Prayer:

Spend time in prayer with/for the other people who are with you.

Pray this prayer together:

“Our Father in heaven, hallowed be your name,¹⁰ your kingdom come, your will be done, on earth as it is in heaven.¹¹ Give us today our daily bread.¹² And forgive us our debts, as we also have forgiven our debtors.

¹³ And lead us not into temptation, but deliver us from the evil one.”

Matthew 6:9-13 NIV

Missional/Spiritual Practice for the Month: Mission Prayer

During the month of January, pray this [Mission Prayer](#) each day, multiple times throughout your day:

God, where will your Spirit lead today? Help me be fully awake and ready to respond.

Grant me courage to risk something new and become a blessing of your love and peace. Amen.

Matthew 6:12 New International Version

¹² And forgive us our debts,
as we also have forgiven our debtors

Matthew 6:12 New Living Translation

¹² and forgive us our sins,
as we have forgiven those who sin against us.

Matthew 6:12 The Message

Keep us forgiven with you and forgiving others.