

Healing Our Broken Hearts



A Guide for Spiritual Formation

Text for the Week: Matthew 18:21-35
Ephesians 4:31-32

Message for the Week: Healing Through
Forgiveness

Sunday, March 30

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?

What is the heaviest thing that you have had to carry?

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 18:21-35 & Ephesians 4:31-32](#) out loud.

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

As you read and/or listen to the text being read, circle, 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 is forgiveness? What does it involve? What doesn't it involve?

What is needed for forgiveness to occur?

How do forgiveness and boundaries go together?

What things in our hearts prevent forgiveness from happening?

When you hear the "phrase 70 times 7", what does it convey to you about forgiveness?

How does God's grace change our outlook on life? How does it change our outlook on forgiveness?

What role does forgiveness play in the Kingdom of God?

Take Away:

What is a main point or key message that you learned, understood, observed, or experienced that you are taking away with you from your group's reflections on the bible passage or your group's conversations today?

Prayer:

Spend time praying with/for the other people who are with you. Who in your group needs prayer today? Who in your group will you pray for?

Pray this prayer together:

Father, forgive us our unforgiving hearts. Remind us of the tremendous debt that we have been forgiven and set free from because of Jesus Christ. By your grace, transform our hearts into ones that mirror your grace to us. May we forgive as extravagantly as you have forgiven us. AMEN

"Try It" - Putting our Faith into Action:

Who or what do you need to forgive? Are there any wounds or wrongs from our past that are still controlling your thoughts, your words, and your actions?

Matthew 18:21-35; Ephesians 4:31-32 - New International Version

Matthew 18:21-35

18 ²¹ Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?"

²² Jesus answered, "I tell you, not seven times, but seventy-seven times.^[a]

²³ "Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants. ²⁴ As he began the settlement, a man who owed him ten thousand bags of gold^[b] was brought to him. ²⁵ Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt.

²⁶ "At this the servant fell on his knees before him. 'Be patient with me,' he begged, 'and I will pay back everything.' ²⁷ The servant's master took pity on him, canceled the debt and let him go.

²⁸ "But when that servant went out, he found one of his fellow servants who owed him a hundred silver coins.^[c] He grabbed him and began to choke him. 'Pay back what you owe me!' he demanded.

²⁹ "His fellow servant fell to his knees and begged him, 'Be patient with me, and I will pay it back.'

³⁰ "But he refused. Instead, he went off and had the man thrown into prison until he could pay the debt. ³¹ When the other servants saw what had happened, they were outraged and went and told their master everything that had happened.

³² "Then the master called the servant in. 'You wicked servant,' he said, 'I canceled all that debt of yours because you begged me to. ³³ Shouldn't you have had mercy on your fellow servant just as I had on you?' ³⁴ In anger his master handed him over to the jailers to be tortured, until he should pay back all he owed.

³⁵ "This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart."

Footnotes

a. [Matthew 18:22](#) Or *seventy times seven*

b. [Matthew 18:24](#) Greek *ten thousand talents*; a talent was worth about 20 years of a day laborer's wages.

c. [Matthew 18:28](#) Greek *a hundred denarii*; a denarius was the usual daily wage of a day laborer (see 20:2).

Ephesians 4:31-32

4 ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Matthew 18:21-35; Ephesians 4:31-32 – The Message

Matthew 18:21-35

18 ²¹ At that point Peter got up the nerve to ask, “Master, how many times do I forgive a brother or sister who hurts me? Seven?”

²² Jesus replied, “Seven! Hardly. Try seventy times seven.

²³⁻²⁵ “The kingdom of God is like a king who decided to square accounts with his servants. As he got under way, one servant was brought before him who had run up a debt of a hundred thousand dollars. He couldn’t pay up, so the king ordered the man, along with his wife, children, and goods, to be auctioned off at the slave market.

²⁶⁻²⁷ “The poor wretch threw himself at the king’s feet and begged, ‘Give me a chance and I’ll pay it all back.’ Touched by his plea, the king let him off, erasing the debt.

²⁸ “The servant was no sooner out of the room when he came upon one of his fellow servants who owed him ten dollars. He seized him by the throat and demanded, ‘Pay up. Now!’

²⁹⁻³¹ “The poor wretch threw himself down and begged, ‘Give me a chance and I’ll pay it all back.’ But he wouldn’t do it. He had him arrested and put in jail until the debt was paid. When the other servants saw this going on, they were outraged and brought a detailed report to the king.

³²⁻³⁵ “The king summoned the man and said, ‘You evil servant! I forgave your entire debt when you begged me for mercy. Shouldn’t you be compelled to be merciful to your fellow servant who asked for mercy?’ The king was furious and put the screws to the man until he paid back his entire debt. And that’s exactly what my Father in heaven is going to do to each one of you who doesn’t forgive unconditionally anyone who asks for mercy.”

Ephesians 4:31-32

³¹⁻³² Make a clean break with all cutting, backbiting, profane talk. Be gentle with one another, sensitive. Forgive one another as quickly and thoroughly as God in Christ forgave you.