

## Keeping Your Cool - Let It Go -

*Psalm 32:1-5*

### 1. Receive forgiveness- let go of guilt and shame.

*Hebrews 12:1-2; Isaiah 61:10; 2 Corinthians 5:17*

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### 2. Give forgiveness- Let go of resentment and anger.

*Ephesians 4:26-27,32*

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#### Process of Forgiveness

- Uncovering your anger
- Deciding to forgive
- Working on forgiveness
- Discovery and release from emotional prison

### 3. Live forgiveness- expect opportunities to forgive daily.

*Colossians 3:12-13; Matthew 18:21-22; 1 Corinthians 1:18*

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#### Next Week's Reading Guide:

Psalm 150  
Luke 7:36-50  
John 4  
Revelation 4  
Revelation 5  
Revelation 7:9-12  
Revelation 19:1-16

#### Discussion Questions:

1. Share about something in your life that you felt guilt and shame over. How has receiving Christ's forgiveness made a difference?
2. Discuss the process of forgiveness as a group. Use a real life situation from a group member to talk through the process together.
3. Think through this process for your own life. Is there an area of hurt in your life that needs to be uncovered and forgiven? Use this process to do that.