Disc	russion Title: Forgiveness Does a Body Good	Category: Relationships	
	Opening Question(s):		Pick 2-3 individuals to
1)	What are some of the things that "do a body good"?		share. 5 – 10 minutes total.
	Balanced DietExerciseRest		
2)	Do you realize that forgiveness can actually have a positive effect on our physical bodies? It's true. Lack of forgiveness, which often occurs as a result of having been hurt, humiliated, angered, or having suffered fear or loss, feelings of guilt, or envy, can have profound effects on the way your body functions:		
	 Puts body in a state of stress Causes pain in the neck, back and limbs Headaches become a problem Chronic pain can get worse Blood flow to the heart is constricted Digestion is impaired Breathing may become more difficult Anger can seriously impair the immune system, increasing the illness. 	ne risk of infections and	
3)	Would you say that reaping such benefits is alone a good reason to actively pursue to forgive and to be forgiven? What are some other good reasons to actively pursue forgiveness?		
4)	Is a lack of forgiveness ever justified? Let's take a look at an example this.	e in the bible that speaks to	
Less	on:		
Q.	Matthew 18:21-35 (Parable of the Unmerciful Servant) Notice how Peter's question of Jesus confirmed that he knew it was the limit Peter puts on it. We do that in our human nature don't we'		Pick 1-2 individuals to answer each question (Q). Keep track of time
Q.	Do you believe Jesus is directing us to forgive others 77 times? Jesus here, he's trying to communicate the need for forgiveness, grace, an called to forgive someone multiple times to demonstrate the grace calling? You bet!	d the fact that we may be	during the discussion. Keep the discussion focused and on point. Avoid going off on a tangent topic.
Q.	As we get into the parable, who represents the King? God represent the servants? At any point in our life, and in different circumstances can't we?		Additional notes:

Q.	How did you feel about the servant that had just been forgiven, that turned around and didn't forgive his fellow servant? Do you feel like he was justified in not forgiving him? We can see pretty clearly that this servant was wrong, especially since he had just been forgiven a debt that was so much larger than what his fellow servant owed him. His response seemed pretty unfair and unjustified.	
Q.	Do we believe we've been forgiven of much? If we believe this, can we be justified in not forgiving another?	
	Conclusion: God's word is crystal clear, "Shouldn't you have had mercy on your fellow servant just as I had on you? In anger his master handed him over to the jailers to be tortured, until he should pay back all he owed. This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart." ~ Matthew 18:33-35	
	Faith in Action: Forgiveness is not an option in the eyes of God because He has forgiven us of so much. Make a list of who you believe you need to forgive and who you need to ask for forgiveness today and pray for God to give you the opportunity to reconcile those situations and relationships. The benefits, physical, spiritual, mental and emotional make it all worth it.	
	Scriptures for personal study: Psalm 130:4; Micah 7:18; Matthew 6:12-15; 1 John 1:9	