

Discussion Title: <b>Forgiveness Does a Body Good</b>		Category: <b>Relationships</b>
<b>Opening Question(s):</b> 1) What are some of the things that “do a body good”? <ul style="list-style-type: none"> <li>- Balanced Diet</li> <li>- Exercise</li> <li>- Rest</li> </ul> 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: <ul style="list-style-type: none"> <li>- Puts body in a state of stress</li> <li>- Causes pain in the neck, back and limbs</li> <li>- Headaches become a problem</li> <li>- Chronic pain can get worse</li> <li>- Blood flow to the heart is constricted</li> <li>- Digestion is impaired</li> <li>- Breathing may become more difficult</li> <li>- Anger can seriously impair the immune system, increasing the risk of infections and illness.</li> </ul> 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 in the bible that speaks to this.		Pick 2-3 individuals to share. 5 – 10 minutes total.
Lesson:		
<b>Matthew 18:21-35 (Parable of the Unmerciful Servant)</b> Q. Notice how Peter’s question of Jesus confirmed that he knew it was right to forgive, but notice the limit Peter puts on it. We do that in our human nature don’t we? Q. Do you believe Jesus is directing us to forgive others 77 times? Jesus is not setting a guideline here, he’s trying to communicate the need for forgiveness, grace, and the fact that we may be called to forgive someone multiple times to demonstrate the grace of God in our lives. High calling? You bet! Q. As we get into the parable, who represents the King? God represents the King. Who represents the servants? At any point in our life, and in different circumstances, we can be both servants can’t we?		Pick 1-2 individuals to answer each question (Q). Keep track of time during the discussion. Keep the discussion focused and on point. Avoid going off on a tangent topic. Additional notes: <hr/> <hr/>

