

# Learning to Fly

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## Week 2: Carry On

### BOTTOM LINE

Your capacity for self-forgiveness isn't found in you, but with the God that lives in you.

### GOAL OF THE GROUP

The goal of this week's group is to discover what it means to truly forgive ourselves and to set our mind on the truth of who we are and whose we are in Christ.

### SCRIPTURE

Romans 8:1-16: Paul is writing to the people of Rome and stresses that it is possible to live a life pleasing to God when we enter into a relationship with Christ. The way to be free of sin is to be "bound" to Christ.

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## DISCUSSION QUESTIONS

1. **Share:** When was the last time you beat yourself up for something simple? What about for something big?
2. Why is it almost easier to forgive someone else and not ourselves?
3. **Read Romans 8:1-4 & Discuss:** What is 'condemnation' and what did Christ do that we could not do for ourselves?
4. **Read Romans 8:5-11 & Discuss:** What does Paul mean when he refers to the flesh? What does it mean to "set your mind on the Spirit"?
5. Forgiving self and living free from condemnation (self-condemnation) isn't necessarily found in you, but is achieved through the God that lives in you. It is important that we believe and receive God's forgiveness in order to truly begin to forgive ourselves. How might believing the reality of Christ's forgiveness help us forgive ourselves and "carry on" in our own lives?
6. **Read Romans 8:12-16 & Discuss:** These verses paint a picture of Christ followers as adopted sons and children of God.
  - a. How might this imagery help paint a picture of our current standing with God and our future heavenly inheritance?
  - b. Paul uses the word Abba, Father (English equivalent to daddy) to describe the intimate relationship in which we cry out to our heavenly father in vs.15. How might this imagery change the way we view our relationship with God? Do you currently see God this way? Do you pray this way?
7. Are there certain regrets in your life or past actions that you will not forgive yourself for? Why?

The power to *FORGIVE* begins with the decision to *RECEIVE*.

Romans 8:1

"There is therefore now no condemnation for those who are in Christ Jesus."



## TRY THIS

*Pray and ask God about question 7 above. In what ways can you cling to the truth of Christ in order to let go of the past and take a step forward? Listen to what He reveals to you. If you journal, write in your journal as you pray and listen.*

# Learning to Fly

## Week 1: Baggage Claim

### BOTTOM LINE

Many of us carry baggage that is connected to the harm that has been done to us, but when we choose to forgive we can cancel a debt that others could never repay.

### GOAL OF THE GROUP

Take time as a group to acknowledge some of the personal baggage that has the potential to weigh us down. Focus on the freedom that forgiveness brings and the power we have to overcome what may have been intended for harm.

### SCRIPTURE

Romans 12:9-21: In these verses, the writer Paul describes what it is to love without limits just like Jesus modeled for us.

## DISCUSSION QUESTIONS

1. **Share:** Describe a time in your life when you felt weighed down?
2. **Read Romans 12:9-10 & Discuss:**
  - a. What does Paul mean when he says, "be devoted to one another in love?"
  - b. Share a time when you honored someone above yourself. Share a time when you felt somebody honored you above themselves.
3. In Romans 12:11-13 Paul addresses what it looks like to love people, even those who may have hurt you in the past. Talk about a time you saw someone model being "joyful in hope, patient in affliction, faithful in prayer" in the midst of a difficult relationship.
4. **Read Romans 12:14-16.** What would it take for you to be able to pray God's favor over the person who has hurt you the deepest?
5. In verses 17-20, Paul encourages us to live at peace with everyone, "as far as it depends on you." What does he mean here? Has there been a time in your life where the pathway to peace seemed almost impossible to find?
6. Sometimes when we are hurt by others we chose the route of revenge, playing the victim, or being passive aggressive instead of choosing forgiveness. What are some results of avoiding forgiveness?
7. Forgiveness cancels a debt that others can never pay. Paul, in vs. 21, encourages us to overcome evil, forgiving our debts instead of forgetting them. It is our choice to acknowledge the hurts that have inflicted us and to release them through forgiving the person of the wrong they have committed.
  - a. Share about a moment when you experienced freedom through forgiveness.
  - b. Share about a circumstance you may have tried to 'forget' a debt instead of truly forgiving it.

**"But the kind of love that God created and demonstrated is a costly one because it involves sacrifice and presence."**

**-Bob Goff, *Love Does: Discover a Secretly Incredible Life in an Ordinary World***



## TRY THIS

*Is there any baggage in your life you need to release right now? Pray and ask God this question every day this week. Listen to what He reveals to you. If you journal, write in your journal as you pray and listen.*