

spiritual adult

# DISCIPLE ME

## TRACK 3: DEEPENING RELATIONSHIPS

## FORGIVENESS IN FRIENDSHIP

### ICEBREAKER: PHONE-A-FRIEND

For today's conversation, we're starting with a game called Phone-a-Friend. We are going to read the list of situations below and decide which friend you would call and why. **Here's the twist:** You can only use each friend **one time**. Once you assign someone to a situation, they're off the board. No repeats.

1. If your car broke down on the side of the road?
2. If you desperately needed a laugh?
3. If you needed honest advice - even if it hurt?
4. If you needed help moving... tomorrow?
5. If you had amazing news and couldn't wait to celebrate?
6. If you were having a rough day and needed someone to really listen?
7. If you were stuck in a super awkward social moment?
8. If you needed a last-minute favor that might be inconvenient?
9. If you needed someone to hide your excessive Amazon packages?
10. If you needed a hype person before a big moment?



### STUDY: FRIENDSHIP

Let's be honest - **friendship can be messy**. Put two imperfect people together long enough, and eventually someone's going to get hurt. It might be a comment that lands wrong, an expectation that wasn't met, or even just silence that feels heavier than it should. And when that happens, the Spiritual Child in us tends to react in familiar ways: we take things personally, we pull back or ghost, we replay what hurt us over and over in our minds, or we start looking for a new friendship that feels safer, easier, or less complicated.

But Spiritual Adults approach these moments differently. They move from asking: *'How could they do that to me?'* to asking: *'What kind of person is Jesus calling me to be right now?'* Spiritual Adults choose humility, compassion, and reconciliation, even when it's uncomfortable. They choose it even when it's costly, because they're not just reacting to what happened. Instead, they're responding to who Jesus is, making them to be. This kind of response is a great indicator of spiritual maturity.

In Colossians 3:12-14, Paul gives us a picture of what relational maturity actually looks like, especially when forgiveness is required. Take a moment to read these verses and consider what forgiveness looks like.

**READ Colossians 3:12-14**

- Consider some of the words Paul uses in this passage. How would you describe these qualities in your own words? Feel free to look up definitions if you need to.

Compassion \_\_\_\_\_

Kindness \_\_\_\_\_

Humility \_\_\_\_\_

Gentleness \_\_\_\_\_

Patience \_\_\_\_\_

Love \_\_\_\_\_

- How would you summarize the attributes listed above?
- When someone hurts me, what is my typical reaction?
- Which word from Colossians 3:12–14 feels hardest to “put on”?
- Where have I allowed someone else’s behavior to unsettle my own heart?
- What part of my hurt is about them - and what part is about my own pride?

## STUDY: BIBLICAL FORGIVENESS

Take a few minutes to read each of the following verses. As you read, summarize in one sentence what each passage teaches about forgiveness.

- |                     |                  |                   |
|---------------------|------------------|-------------------|
| • Ephesians 4:31-32 | • Proverbs 19:11 | • Romans 12:18    |
| • Matthew 18:21-22  | • John 13:34-35  | • Psalm 103:10-12 |

Forgiveness is the place where we break the cycle of reaction. It’s where we stop letting someone else’s actions shape us, and instead start shaping the relationship with the love of Jesus. This isn’t about being a doormat - it’s about choosing a Christlike response that speaks louder than the hurt.

## CHALLENGE: FORGIVE ME

This week, take some time to write a short message asking for forgiveness. Think of a friendship where you know you contributed to the hurt. Keep it simple - no excuses, no explanations - just humility. In your message, include: what you did, how it affected you, and what you hope for the relationship moving forward. You don’t have to send it (if you don’t want to). But go through the exercise and practice honesty, ownership, and choosing to be a peacemaker.