



DELIVERED

Wounding and Unforgiveness

The D-Cycle is a curriculum containing content designed to establish the scriptural foundations of the faith in the life of a believer.

VISION FOR WOUNDING AND UNFORGIVENESS

Wounding and Unforgiveness is the second point in the Delivered portion of the D-Cycle. We will be wronged and wounded by others - especially by those that are close to us. How will we respond when we are wronged or when we wrong others? The advice and practices of the culture and world emphasize caring for yourself, following what feels good, and retaliating. What does Jesus tell us to do?

Key Definitions

- **Forgiveness:** a unilateral act to surrender the right to hurt others in response to the way they've hurt us, unconditional on their repentance or acknowledgement of wrongdoing
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HEAD

Summary of Points

1. Because we live in a fallen world (with sinful flesh and the devil), wounding is inevitable.
(Matthew 18:7, Luke 17:1)
2. Wounds that are not dealt with restrict our growth and development as fully mature and healthy people.
3. God alone is the source for our Soul/Spirit healing. (Jeremiah 17:14)
4. Forgiveness is the key to receiving healing. This is not justifying or excusing the offender.
(Luke 17:1-4; Matthew 18:21-35)

Lifegroup Scriptures

Who is the Greatest?

Matthew 18:1-4

If Your Brother or Sister Sins Against You

Matthew 18:15-22

The Unforgiving Servant

Matthew 18:23-35

D-Group Scriptures

Source of Healing

Jeremiah 17:14

Paul and Forgiveness

2 Corinthians 2:5-11

The Year of the Lord's Favor

Isaiah 61:1-2

The Fig Tree

Mark 11:12-14

Mark 11:20-25

Psalms

Psalms 147:3

Psalms 34:18

Psalms 103:1-5

Discussion Methods

Below are two suggested methods for discussing Scripture.

Traditional DBS New Testament Letters	Inductive Bible Study Gospels, Acts, Old Testament Accounts
1. What does this say about God?	1. Observation – What happened?
2. What does this say about me/people?	2. Interpretation – What does it mean?
3. What is my obedient response?	3. Application – How can I obey?

HEART

Questions

1. Many of us carry unforgiveness and wounding from our past, and this story likely brought someone to mind. Who is that person?
2. If you were to stand before Jesus, would you desire that the person who hurt you be judged or receive mercy?
3. We will be wronged and wounded by others - especially by those who are close to us, our family, our friends, our church, our lifegroup, and our lifegroup leaders. What does it look like for us to bring healing to those relationships?

Lifegroup content ends here

HANDS

Discipleship Actions

1. Ask the Lord to reveal your heart to get an understanding of soul/spirit hurts that may be impacting your life.
 2. Take inventory of your heart to see what your emotional state is.
 - a. Negative emotions: distress, fear, hate, anger, grief, shame, mistrust, rejection, depression, hopelessness, etc.
 - b. Positive emotions: love, joy, peace, patience, kindness, gentleness, hope, etc.
 3. Be real with the Lord. Process any negative thoughts or emotions with Him. (Psalm 142). What complaints do you need to pour out to the Lord? Not all negative emotions are unhealthy or unjustified. Ask Him to give you insight on the source of your emotions.
 4. Ask the Holy Spirit to reveal the specific memory that is a root cause of your negative emotion(s) that He wants to heal.
 5. Invite Jesus into the specific memory if he is not already there.
 6. Give your pain to Jesus. What do you see Jesus doing?
 7. Do you want to go to the Father for healing?
 8. Receive the Lord's healing for these hurts/wounds. Give Him plenty of time to bring His healing.
 9. Talk with a trusted mentor and/or someone on church staff to help process these hurts
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RESOURCES

Articles

- [We Cannot Cling to Bitterness and God](#) – John Piper