LifeGroup Coaching Sheet

# August 5, 2012

# “The Bitterness Pill”

**My Prayer for you:** Thank youFather for Your forgiveness. It is because You first forgave me that I can forgive others. Give me the courage and faith to love when hurt and to forgive when wounded so that the World may see You in us. In the name of Jesus I pray, Amen.

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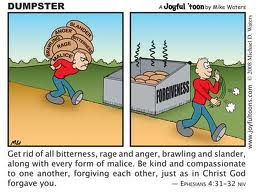
**Q – On July 20 during a midnight showing James Holmes walked into a movie theater in Aurora, CO and opened fire. 12 people lost their lives and 58 where injured. How does a parent forgive such a senseless act of violence that kills their child? Discuss this tragedy and the feelings of being a father or mother who lost their son or daughter – how do you forgive?**

**Hebrews 12:15**

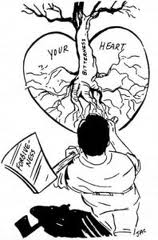
**15 See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.**

Watch this video that describes how a police officer learned to forgive: <http://www.cbn.com/media/player/index.aspx?s=/vod/AR40v2&search=Bitterness&p=1&parent=0&subnav=false>

**Read Ephesians 4:31 - 5:2 How are we to forgive others? How did God forgive us?**

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**Share a moment when someone hurt you and you chose to forgive them. How did it feel to release the hurt and pain?**

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**Close in Prayer: Ask that God would continue to grant us forgiving hearts.**

**Our 3 Keys to LifeGroup** 