



OVERFLOW

STUDY GUIDE

WEEK 10
**FORGIVING
HEART**

OVERFLOW

INTRODUCTION

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:32 NIV

The mark of a person who rests deeply in the forgiveness they have received is seen in the gracious way they extend forgiveness to others. Too often we focus on the sin we need to be forgiven of, rather than resting deeply in the knowledge that we've already been forgiven. When we focus on the forgiveness we have received from Christ, forgiveness toward others will overflow from our lives.

DISCOVER

Below you will find questions for use in your own personal study, Bible study, neighborhood gathering, or dinner table with family and friends. Record your answers to help you reflect on and share the things God is teaching you.

Read: Luke 7:36-50

The first thing the Pharisee worries about is being seen with *that* kind of woman. What can we do to recognize and overcome our own prejudices in order to be Jesus to people different than us?

In verse 44, Jesus asks the Pharisee, “Do you see this woman?” How does Jesus see the woman compared to the Pharisee?

At the end of the story, Jesus tells the woman “Your faith has saved you; go in peace” and sends her on her way. How do you imagine this woman lived out her forgiveness? How did she interact with others?

OVERFLOW

DISCOVER

Read: Romans 12:9-21

How has your relationship with God affected how you relate to people you dislike or find hard to be with? What does it mean to bless those who come against us? What advice does Paul give?

How does rejoicing with those who rejoice, and mourning with those who mourn, express love? Was there a time recently when you did this?

What do you think it looks like to overcome evil with good? Can you think of any examples from your own life?

PRAY

Seeking and listening to God in prayer are vital to our relationship with him. Take a moment to encounter God in prayer before you conclude your study.

Ask God to reveal the areas of your life that need forgiveness. Ask for the assurance of God's forgiveness to rest deep within your heart, that in every situation you would be quick to forgive, and quick to ask for forgiveness. Pray for interactions with people who need to experience God's forgiveness and for the peace of Christ to be so present in your soul that people feel the overflow of that peace in all your interactions.

OVERFLOW

ACT

The best thing you can do to grow in your relationship with Jesus this week is to put into practice the discoveries you've made during your study.

This week, begin each day by praying the Lord's Prayer (Matthew 6:9-15). Consider this translation from *The Message Bible*:

Our Father in heaven,
Reveal who you are.
Set the world right;
Do what's best—
as above, so below.
Keep us alive with three square meals.
Keep us forgiven with you and forgiving others.
Keep us safe from ourselves and the Devil.
You're in charge!
You can do anything you want!
You're ablaze in beauty!
Yes. Yes. Yes.

Be vigilant in your interactions throughout the week. Whenever you feel yourself becoming unsteady, defensive, prideful, angry, or superior, take a breath and focus on Christ. See each person as Jesus sees them.

WEEKLY SCRIPTURE READING

Filling our hearts and minds with the Word of God enables us to discern what is right and true. Use these additional scripture passages to continue your study this week.



YOUVERSION DAYS 64-70

<input type="checkbox"/> Ephesians 4:29-32	<input type="checkbox"/> Genesis 50:15-21	<input type="checkbox"/> Psalm 103:8-12
<input type="checkbox"/> Matthew 6:9-15	<input type="checkbox"/> Colossians 3:12-17	<input type="checkbox"/> Psalm 130:1-8
<input type="checkbox"/> 2 Samuel 16:5-14	<input type="checkbox"/> Matthew 7:1-5	<input type="checkbox"/> Luke 7:36-50
<input type="checkbox"/> Genesis 37:12-28	<input type="checkbox"/> Matthew 18:21-34	<input type="checkbox"/> Romans 12:17-21