

## Life Group Notes for Session 4

### Getting Started

- Greet Group members thank them for coming
- Open with prayer

### Ice Breaker

- Try to think of a time or situation where you were saved by a friend. This can be anything from picking you up when your car broken down to helping you through a crisis.
  - What would you have done without that friend?
  - How did you their support help you?

### Lesson

- As social beings we find ourselves constantly put in situations where we are either asking for or receiving forgiveness, many times without even knowing it. The paralyzed man found himself in a situation where he believed that he needed healing for his body, likewise his friends had the same belief. However Christ saw the true need, forgiveness of sins.
  - In the Lord's prayer the forth thing Christ commands his followers to do is ask for forgiveness.
- We find this anchored in the Exodus when the Israelites found themselves in bondage to the Egyptians. We find God's promise in Exodus 6:6 when God says
  - "Therefore, say to the Israelites: 'I am the LORD, and I will bring you out from under the yoke of the Egyptians. I will free you from being slaves to them, and I will redeem you with an outstretched arm and with mighty acts of judgment.'"
- However in the Lord's prayer God makes a new promise, that this time instead of finding themselves bound by a hostile nation the world is bound in sin. Christ promises to free people from sins and the tyranny of its oppression.
- Christ takes upon himself and God the first part of the statement "forgive us our sins." It then becomes the responsibility of us as Christians to live out the next part, "so that we can forgive those who trespass against us."
- Getting out of Egypt was the part of the journey that rested solely on God. The life after became the responsibility of the people, we see in Exodus after the trip out of Egypt the people quickly turned back to their old ways. In Exodus 32:7-8
  - **7** Then the Lord said to Moses, "Go down, because your people, whom you brought up out of Egypt, have become corrupt. **8** They have been quick to turn away from what I commanded them and have made themselves an idol cast in the shape of a calf. They have bowed down to it and sacrificed to it and have said, 'These are your gods, Israel, who brought you up out of Egypt.'"
- In the Exodus story the people stopped acting like they had been set free from Egypt and instead began to act like they were still bound, and slaves to Egyptian culture. How often then do we continue to act in our lives as if we have not been forgiven?

## **Application**

- Think of an area in your life where you feel like you need forgiveness for sin. Your groups goal in this moment is to act as the friends carrying a paralyzed man to Christ, this is an opportunity to share your where you feel you need some help.
  - Also think of somewhere you need to forgive someone. Is it something you are holding on to? Something you feel like you cant let go of?

## **Prayer**

- Have everyone who is comfortable pray for forgiveness.
- Encourage the members to pray once a day for the strength to forgive those who have wronged them.
- Encourage them to pray for each other.
- Thank them for being part of your group.