



Becoming a Confident Mom

Week 8: What do I do when others hurt me?

Big Idea: When we receive _____ from Jesus, we want to _____ it with others.

Tim Keller, "Forgiveness, then, is a form of _____. In forgiving, rather than retaliating you make a choice to _____ the cost." Based on Matthew 18:22-35

When you are hurt:

- 1. _____ with prayer first.
a. Proverbs 10:12, "Hatred stirs up strife, but love covers all offenses."
2. Remember your _____ in Christ
a. Take off the _____ and put on the _____.
Ephesians 4:32- Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.
b. Before your anger goes away:
1. Don't throw the _____ in the person's face.
2. Don't throw it up to others to hurt their _____.
3. Don't keep bringing it up to _____. Don't _____ on it.
3. _____ the relationship if possible.
1. _____ in person, and explain what they did in love, _____.

2. If they won't listen, take _____ others with you.
3. If they still _____ to listen, go to the local church such as an elder or a pastor.
4. If they still refuse, _____ them.
_____ with them. Let them go.

Matthew 18:15-17, "If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over. But if they will not listen, take one or two others along, so that 'every matter may be established by the testimony of two or three witnesses. If they still refuse to listen, tell it to the church; and if they refuse to listen even to the church, treat them as you would a pagan or a tax collector."

4. Release the person to _____.

Hebrews 12:15, "See to it that no one fails to obtain the grace of God; that no "root of bitterness" springs up and causes trouble, and by it many become defiled."

MomQ Challenge

Ask God to reveal who you need to forgive and then ask Him to help you take the next steps according to His Word?

Small Group Questions

1. How do you typically respond when hurt? Do you go to someone else to vent? Avoid it? Or blow up? How can you change that?
2. Discuss the biblical model to reconcile broken relationships. Have you ever used this model? If so, what part challenged you the most?
3. Share a time when you have chosen to forgive and it caused you voluntary suffering for the greater good. What was the outcome?
4. Do you struggle with bitterness or unforgiveness? Share who you need to forgive and what your next steps might be.
5. Why do you think forgiveness is so hard?