



Week 1

What's a "Remember when I..." moment from your life that makes you laugh?

Have you ever had a "Remember when I..." moment that wasn't as fun to think about?

How does thinking on that memory impact your mood or the way you treat others?

When someone hurts you, what is typically your first response:

- a. To get back at them?
- b. To avoid them?
- c. To do something else?

Read 1 Thessalonians 5:15 *"See that no one pays back evil for evil, but always try to do good to each other and to all people."*

What do you think it means to choose "good" in a situation when someone hurts you?

On a scale of 1 to 10, how do you feel about forgiving someone who hurt you?

Why do you think forgiveness is important for...

- a. You?
- b. The person who wronged you?

What's one step you could take this week to move toward choosing forgiveness?