



Series: *Do Something Great With Your Life*

Session 5

Get Free From The Hurt That's Holding You Back

Matthew 13:23, 6:14-15, 18:21-22, 18:33-35

NOTES:

The Big Idea: _____

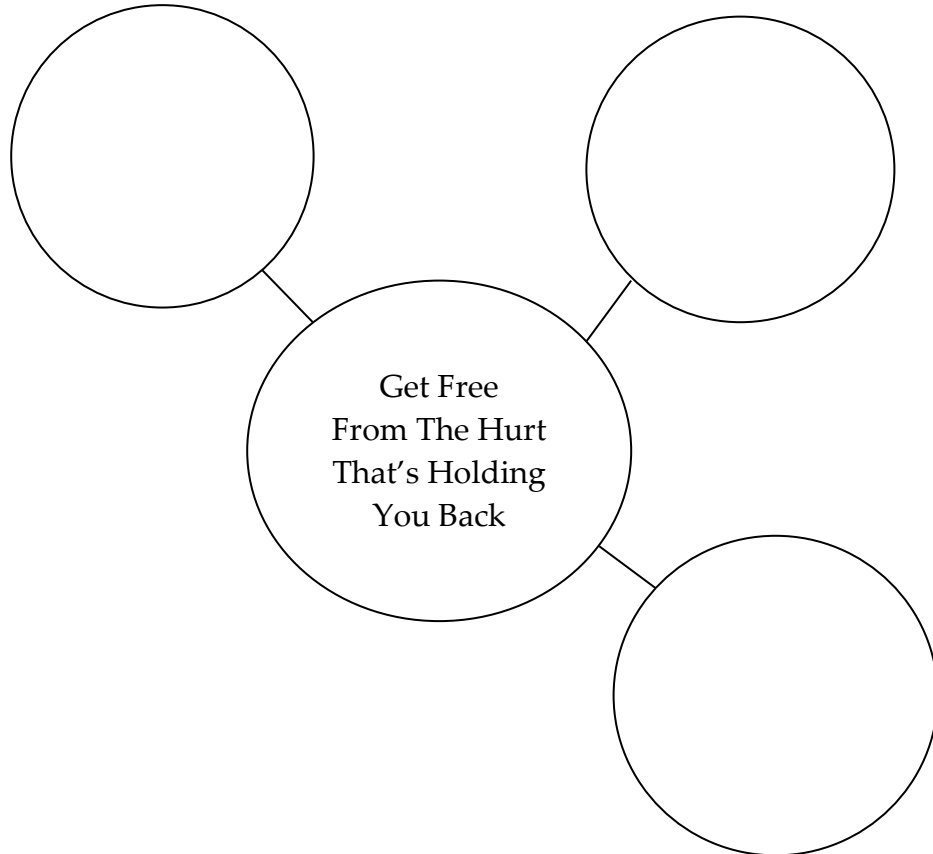


TABLE TALK:

1. What are the biggest hurts still bothering you? How do they make you feel? For example, they could make you feel angry, bitter, prickly, fragile, sullen, or full of cynicism.
2. Describe what the life of the person in Matthew 13:23 must be like? How does unforgiveness keep us from growing and producing that kind of fruit? Today's big idea is, "No matter what someone has done, you can and should forgive them...right now." Do you believe this statement captures what the Scriptures teach?
3. The goal today is to set you free from any unforgiven hurts that have been holding you back from producing 4th seed fruit. Start a written list of every person or group you hold something against. Start NOW. Write at least the first 5 hurts. Finish the list later. Forgive each one by faith. Burn the list. If and when a particular hurt returns, forgive by faith as often as it comes back.

The Man in the Mirror Bible Study community is a movement of volunteers passionate about growing and helping men grow. We come from all walks of life. You're invited to become a member of this movement. Learn more at MIMBibleStudy.ORG. We'll always be stronger together. Email Pat at patrickmorley@maninthemirror.org or Brett at baclenmer@maninthemirror.org.