

SCRIPTUREDEPTH STUDY PACKS

# The Path to Forgiveness

*A 10-week study on receiving God's forgiveness — and extending it when it's hard.*

---

10-Week Study · Leader's Guide · Free Sample (Week 1)

This is a free sample containing the introduction and week 1 of 10. Get the full leader's guide and participant worksheets at [scripturedepth.com/studies/path-to-forgiveness](http://scripturedepth.com/studies/path-to-forgiveness).

## WELCOME

# A Word for the Leader

Welcome to 'The Path to Forgiveness,' a journey designed to guide your group through the transformative power of forgiveness. This study is crafted for those who seek healing from deep and painful wounds, and for anyone who desires to understand and practice forgiveness in their daily lives. Whether your group is familiar with these themes or exploring them for the first time, this study offers a safe space to explore, reflect, and grow together.

At the heart of this study is the understanding that forgiveness is both a divine gift and a challenging command. We begin by looking at the God who forgives, setting the foundation for why and how we are called to forgive others. As we progress through the weeks, we will delve into the complexities of forgiving others, forgiving ourselves, and the intricate dance of reconciliation and boundaries.

This study is for ordinary believers who are ready to engage with Scripture and with each other in a meaningful way. It is for those who carry the weight of past hurts and those who wish to live in the freedom that forgiveness offers. Our prayer is that through these sessions, your group will encounter the grace and strength needed to forgive, and in doing so, experience the profound peace that comes from living a forgiven life.

## How to Use This Study

---

Each week, your group will gather for a session lasting between 60 to 90 minutes. The structure is designed to be flexible yet comprehensive, with a rhythm that includes teaching, Scripture exploration, discussion, and personal reflection through worksheets. This format allows for both group interaction and individual contemplation, fostering a holistic approach to learning and applying forgiveness.

Begin each session with a brief teaching segment that introduces the week's topic, drawing on key biblical passages. For example, when discussing 'Forgiven Much,' you might reference Jesus' teaching in Luke 7, where He illustrates the profound gratitude of one who has been forgiven much. This sets the stage for a deeper dive into Scripture and discussion.

Following the teaching, guide your group through selected Scripture passages. Encourage participants to share insights and questions, creating a dialogue that enriches everyone's understanding. The accompanying worksheets provide space for personal reflection, helping each participant to process the material and apply it to their own life.

As the facilitator, you have the freedom to print unlimited copies of this study for your group. This allows each member to have their own set of materials, fostering engagement and personal growth. We trust that 'The Path to Forgiveness' will be a valuable resource on your journey together, leading to healing and transformation through the power of forgiveness.

# The God Who Forgives

WEEK 1 OF 10

Focus: Psalm 103:8-14; Micah 7:18-19

*“Yahweh is merciful and gracious, slow to anger, and abundant in loving kindness. He will not always accuse; neither will he stay angry forever. He has not dealt with us according to our sins, nor repaid us for our iniquities. For as the heavens are high above the earth, so great is his loving kindness toward those who fear him. As far as the east is from the west, so far has he removed our transgressions from us. Like a father has compassion on his children, so Yahweh has compassion on those who fear him. For he knows how we are made. He remembers that we are dust.”*

**Psalm 103:8-14**

*“Who is a God like you, who pardons iniquity, and passes over the disobedience of the remnant of his heritage? He doesn't retain his anger forever, because he delights in loving kindness. He will again have compassion on us. He will tread our iniquities under foot; and you will cast all their sins into the depths of the sea.”*

**Micah 7:18-19**

## Teaching

---

As we begin our journey into forgiveness, we start with the nature of God as revealed in Scripture. Psalm 103 paints a picture of God as compassionate and gracious, slow to anger, and abounding in love. This is the God who forgives all our iniquities and heals our diseases. Understanding forgiveness begins with knowing the character of God. He is not quick to punish or hold grudges; instead, He is patient and overflowing with mercy. This foundational truth reassures us that God's forgiveness is not a reluctant act but a natural extension of His loving nature. When we grasp this, it becomes a model for how we might approach forgiveness in our own lives, especially when dealing with deep wounds.

The psalmist continues by reminding us that God does not deal with us according to our sins or repay us according to our iniquities. This is a profound statement about divine mercy. God's forgiveness is not transactional; it is not based on our deservingness. Instead, it reflects His boundless grace. This is particularly comforting for those of us carrying heavy burdens of guilt or shame. It invites us to lay down our self-condemnation and receive God's unmerited favor. As we reflect on this, consider how this divine approach to forgiveness might challenge or inspire our own attitudes toward those who have wronged us.

In Micah 7:18-19, we find another powerful depiction of God's forgiveness. The prophet marvels at a God who pardons sin and forgives transgression, delighting in showing mercy. God does not stay angry forever but delights in compassion. This passage highlights God's active role in forgiveness. He not only forgives but also casts our sins into the depths of the sea, removing them far from us. Such imagery speaks to the completeness and finality of God's forgiveness. For those struggling with the idea of forgiving others, this passage offers a vision of forgiveness that is thorough and liberating.

The depth of God's forgiveness is further illustrated by His understanding of our human frailty. Psalm 103 acknowledges that God knows how we are formed; He remembers that we are dust. This is not to diminish our actions but to highlight God's empathy and understanding. He knows our weaknesses and limitations, and His forgiveness is extended with this knowledge in mind. This should encourage us to approach God with honesty about our struggles, knowing that He is not surprised by our failures. It also challenges us to extend similar understanding and grace to others, recognizing their humanity and imperfections.

Forgiveness is not just about releasing others; it is also about experiencing freedom ourselves. When we hold onto grudges or harbor bitterness, we are often the ones most affected. God's model of forgiveness invites us to let go, not as an act of denial, but as a step toward healing. The psalms and prophets remind us that forgiveness is a path to peace and restoration. It is a process that aligns us with God's heart and opens us to the possibility of reconciliation and renewed relationships. This week, consider how holding onto past hurts might be affecting your spiritual and emotional well-being.

Reflecting on God's forgiveness also invites us to consider the cost of unforgiveness. When we refuse to forgive, we often carry the weight of anger and resentment, which can become barriers to experiencing God's love fully. The Scriptures teach us that forgiveness is not just a command but a gift that God offers us. It is a means of grace that transforms our hearts and minds. As we meditate on God's forgiveness, let us ask ourselves what might be holding us back from extending the same grace to others and how we might begin to release those barriers.

Understanding God's forgiveness can be challenging, especially when we have been deeply hurt. It is important to remember that forgiveness does not mean forgetting or excusing wrongdoing. Instead, it is a decision to release the hold that the offense has on us. God's forgiveness is a model of this release. He does not ignore our sins; rather, He chooses to separate them from us, allowing us to move forward in freedom. As we consider this, we are invited to reflect on how we might begin to release the offenses that weigh us down, trusting that God's grace is sufficient for our healing.

The journey of forgiveness often requires time and patience. God's forgiveness is immediate, but our process of forgiving others can be gradual. It involves acknowledging the hurt, grieving the loss, and then choosing to let go. This process is deeply personal and can vary greatly from one person to another. As we study God's forgiveness, we are reminded that He is patient with us in our journey. He walks with us, offering strength and comfort as we take each step toward healing. This week, consider where you are in your own journey and what support you might need from God and others.

Forgiveness is also about trust. Trusting that God's way is better than holding onto resentment. Trusting that He will bring justice in His time and way. Trusting that He can heal our wounds and bring good out of painful situations. As we reflect on God's forgiveness, we are invited to place our trust in Him, believing that He is working all things for our good. This trust is not always easy, especially when the pain is fresh, but it is an essential part of the healing process. Let us ask God to help us trust Him more deeply as we navigate the path to forgiveness.

Finally, as we meditate on the God who forgives, we are reminded of the call to be imitators of God. Just as He has forgiven us, we are called to forgive others. This is not a call to minimize our pain but to embrace God's transformative power in our lives. Forgiveness is a journey of becoming more like Christ, who forgave even those who crucified Him. As we embark on this study, let us commit to seeking God's help in forgiving others, trusting that His grace is sufficient for every step of the journey. May we be open to the work He wants to do in and through us as we learn to forgive.

## Living It Out

---

This week, take time to meditate on the character of God as a forgiving Father. Reflect on the ways He has forgiven you and consider how this might influence your approach to forgiving others. Identify any specific situations or relationships where forgiveness is needed, and pray for God's guidance and strength to begin that process. Remember that forgiveness is a journey, and it's okay to take small steps.

Consider writing a letter to God about your struggles with forgiveness. Be honest about your feelings and ask for His help in releasing any bitterness or anger. You don't have to send this letter; it's a tool for personal reflection and prayer. As you write, invite God to bring healing and peace to your heart.

## Discussion Questions

---

1. What aspects of God's character in Psalm 103 and Micah 7 stand out to you, and why?
2. How does understanding God's forgiveness challenge or inspire your own views on forgiving others?
3. In what ways have you experienced God's forgiveness in your life, and how has it impacted you?
4. What are some barriers you face when it comes to forgiving others, and how might you begin to address them?
5. How can we support one another in our journeys toward forgiveness, especially with deep wounds?
6. What does it mean to trust God in the process of forgiveness, and how can we cultivate that trust?
7. How can the imagery of God casting our sins into the sea help us in our own forgiveness journey?

## LEADER NOTES

As you facilitate this week's study, encourage group members to share openly, but remind them that sharing is voluntary. This topic can be sensitive, and it's important to create a safe space for everyone.

Be mindful of the time spent on each question. Some discussions may naturally take longer, especially if participants are processing deep emotions. It's okay to adjust the pace as needed.

If the group gets stuck on the idea of forgiving deep wounds, remind them that forgiveness is a process and that it's okay to take small steps. Encourage them to seek God's guidance and to be patient with themselves.