



Week 2

What is the silliest pet peeve you have?

On a scale of 1 to 10, how difficult is it for you to forgive yourself when you've messed up?

Why do you think it's easier to hold on to mistakes than to forgive ourselves?

Read Romans 5:6-8

What does it mean to you to know you're already forgiven by God?

How might believing that help you forgive yourself more easily?

How does knowing you're forgiven help you to move towards forgiving other?

What's one step you can take this week to start forgiving yourself for a past mistake?