

TEACH US TO PRAY...
PRAYERS THAT GET ANSWERS



LESSON 3 // FORGIVE US

Big Idea: Jesus taught us to pray “forgive us our debts, as we also have forgiven our debtors” (Matthew 6:12). He calls us to recognize in prayer our need for forgiveness from our sins and our need to forgive others who have sinned against us.

Sin is a rejection of God’s love and authority—a destructive force that aligns us against God and separates us from fellowship with Him. In prayer, we can confess and repent from our sins, receive God’s forgiveness in Christ, and be restored in our relationship with Him. We also must learn to offload hurt, anger and judgment toward others in prayer and forgive them as the Lord has forgiven us.

Matthew 6:9-13 (NIV) *This, then, is how you should pray: “Our Father in heaven, hallowed be your name, ¹⁰ your kingdom come, your will be done, on earth as it is in heaven. ¹¹ Give us today our daily bread. ¹² And forgive us our debts, as we also have forgiven our debtors. ¹³ And lead us not into temptation, but deliver us from the evil one.”*

Start Talking:

- Can you recall a time (when you were a kid) that you messed up and didn’t think that your parents would forgive you? What happened?
- What are a few reasons that you believe people struggle with forgiving others when they have been wronged?

Start Thinking:

- Do you believe that confessing sins and asking for forgiveness is a vital part of prayer? Why?
- Why do you believe that Jesus includes “And forgive us our debts, as we also have forgiven our debtors.” In this model for prayer? How does unforgiveness towards others impact our lives and relationships?
- **Read James 1:13-15, Romans 3:23 & 6:23.** What do you believe should be the Christian’s approach to sin? How should we respond when we have sinned?
- **Read Isaiah 53:6, Romans 5:8 & 1 John 1:9.** In these verses, we read that God’s plan for forgiveness is found in Jesus. However, oftentimes we can tend to distance ourselves from God when we are living in sin. Why do you believe this is a common response? How would you encourage someone that has responded to God in that way?
- Oftentimes people primarily focus on addressing sinful behavior as opposed to the condition of their hearts. Why?
- **Read Psalms 103:3.** This weekend Pastor Dale shared that one of the steps that we must take to be forgiven is to **“receive”** God’s forgiveness. Why is this essential?

Start Praying:

At the end of your time, pray with your group concerning forgiveness. Encourage group members to seek forgiveness and repentance in Christ if they are battling sin, or if they know they need to forgive someone. This may be a good time to encourage group members to share with someone else in the group or their spouse what steps they will take this coming week to practice receiving forgiveness or forgiving.

Start Doing:

- If you haven’t yet, download the prayer guide and follow along with the prayer focus for the remainder of the series.
- Invite those in your group to prayerfully consider supporting outreach efforts at Church of the Redeemer. Support can be offered by volunteering, donating products, or offering financial support (for those that are able). For more information visit: <https://church-redeemer.org/ministries/outreach/covid-19>