

The Pray More Healing Retreat Study Guide

Forgiving God, Yourself, and Others with Jeannie Ewing

Reflective Questions

“As the Lord has forgiven you, so must you also do.” - Col. 3:13

1. When we are in the midst of suffering, we sometimes find ourselves feeling angry at God. Have you felt angry at God? Have you brought your feelings of anger to prayer and talked to Him about them?

2. God’s permissive will allows suffering because of the sin which has entered the world, but sometimes it might feel as if our suffering means He is punishing us. Have you ever felt like your suffering was a punishment from God? How can you grow in your understanding of God’s permissive will in your life?

3. All of us have people in our life who have wounded us in the past. Ask God to show you the people in your life whom you need to forgive. As Jeannie suggests, write down their names and what they did to hurt you. Then, ask God to help you have the desire to forgive them.

4. We often struggle to forgive ourselves for mistakes we have made in the past. Do you struggle with guilt or shame over things you have done? Have you confessed any sins you’re struggling to forgive yourself for?