

# UNTYING THE KNOTS

## *Group Questions*

1. What struck you from this week's episode?
2. What does it mean for you to be tenderhearted? Are there particular situations or experiences that have caused you to close your heart?
3. What is the biggest or most visible knot in your life? Are you ready to be honest, open, and willing to address this area with the Lord? Why or why not?
4. What is an area that you struggle with forgiveness?

## *Lectio Divina*

“All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice. And be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ.” - Ephesians 4:31-32

## *Journal Questions*

1. What agreements have you made—I am... I'm not... I will never... I will always...—when you have been hurt? Take a moment to practice forgiveness and breaking these agreements and untying these knots.
2. What beliefs about yourself or judgements about others are acting as a knot in your life? What is the origin of these beliefs and judgements and what does the Lord say is true?

## *Quote to Ponder*

“Everyone thinks forgiveness is a lovely idea until he has something to forgive.” - C.S. Lewis