

It's Ok to Not be Ok

Small Group Lesson: Week 4

Message: The Battle Plan

Main Idea: Forgiving others as we have been forgiven.

Group Check In: What was the best and worst thing that happened since we last met?

Prayer

Connect: What was the lingering impact in your life from last week's message on marriage, divorce, singleness and widowhood?

Video: 10 minutes 40 seconds

In the Word:

1. **Psalm 50:9-13 & Psalm 51:16-17 (from the message)**
- What do we learn from the Psalmist about God's view of sacrifices offered by humans?
- What are the signs of the psalmist's hope in God in this Psalm?
2. **Deuteronomy 23:7 (from the small group video)**
- Considering all the pain and suffering imposed upon the Israelites by the Egyptians, what do we learn about God from his instruction, "Do not despise an Egyptian"?

Application:

1. How does the ultimate experience of Jesus dying on the cross for us relate to our not ok lives? (Message)
2. What does the cross mean to you? Why?
3. Without identifying or naming, who is somebody in your life who is easy to despise? (Video)
4. How would you define forgiveness and what is your next forgiveness action step?

Prayer - Loving and merciful God, thank you for dying on the cross for our sins so that we can be okay in you. Teach us to be humble as you became humble on the cross. Help us to forgive others even as you have forgiven us. In the name of Jesus we pray, Amen.