

COMMUNION

Communion is an opportunity to pause and remember who Jesus is, what He has done for us, and the hope we have because of Him. Through His death and resurrection, we have received grace, forgiveness, and new life.

This week, your Life Group will end by taking Communion together. Before you do, read through the verses below and reflect on Jesus' love, sacrifice, and faithfulness.

Isaiah 53:3-6

Ephesians 2:4-9

Luke 22:19-20

Take Communion with us this week! If you are not in a Life Group and would like to take Communion with us, see northcoastchurch.com/communion to follow along.

NOTES / PRAYER



Why Only A Fool Refuses To Forgive

Three-In-One:

The Passage: Matthew 18:15-35

Deuteronomy 19:15/ 1 Corinthians 5:9-13

Forgiving: *What It Isn't*

Blasting Away The Myths

1. Forgiving isn't a _____
Matthew 18:35
2. Forgiving isn't _____
Jeremiah 31:34, Psalm 103:11-12 & Micah 7:19/ Genesis 8:1
3. Forgiving isn't _____ again
Proverbs 14:15
4. Forgiving doesn't remove all the _____
2 Samuel 12:7-14/ Romans 13:1-7

Forgiving: *What It Is*

1. Forgiving is basically letting _____ and letting _____
Romans 12:17-21 & 1 Peter 2:21-23/ Ephesians 4:30-32 & Proverbs 2:21-23

Forgiving: *How To Get There*

1. Get a good _____
2. Pray the prayer of _____

LIFE GROUPS

DISCUSSION GUIDE

These questions are designed to help groups discuss the weekend teaching while building relationships with each other and applying God's Word to our lives.

May 17, 2026



WARM UP

1. Looking back at the past year, what is one way you have seen God at work in this group?

2. Without looking at your notes, what is one thing from the weekend's message that really stuck with you?

3. Larry said forgiveness is not a feeling but a settled decision. How does that challenge the way our culture usually talks about forgiveness?

KNOW IT



When it comes to forgiveness, Jesus gives us the ultimate example of mercy, and often the most challenging one to follow. Read 1 Peter 2:21-25 together and discuss the following.

1. Which part of Jesus' response to suffering and mistreatment feels hardest for you personally to live out in your own life? Why?

2. Verse 23 says instead of retaliating, Jesus "entrusted Himself to God," or like Larry said, He "let go and let God." Why do you think trusting God is an important part of forgiving someone who has wronged you? How does trusting God impact our ability to forgive?

3. Peter ends this chapter with a reminder that we were like wandering sheep who went astray before returning to the Shepherd. How does remembering what we've been forgiven of, or like Larry said, "getting a good mirror" help us respond differently to those who wrong us?

SHARE IT



1. Which (if any) of the four myths about forgiveness in the message have you believed or struggled with the most in the past? Did this message challenge or reshape your perspective, and how?

2. Larry talked about praying a "prayer of permission" and allowing God to change us from the inside out. Have you ever experienced God changing your heart toward someone in a way you couldn't have produced through willpower alone?

LIVE IT



Let's take a moment to reflect on the debt we ourselves have been forgiven. As a group, we are going to take Communion, which is essentially a symbolic practice that helps us remember what Jesus did to secure our forgiveness.

As you take the bread or cracker representing His body that was broken for you and the juice that represents the blood that He shed for you, remember the grace Jesus has shown you and ask God to help you "let go and let God" with the hurts you may still be carrying.