

STARTING OVER

Week 5: Starting Over “Release It”

This is the opportunity for your group will discover what God might be saying to you out of the weekend experience, and how you can respond through a group discussion.

**This guide is designed to help you create meaningful conversations. Adjust the questions as needed, and don't feel like you need to answer all of them.*

DISCUSSION QUESTIONS

1. What stood out to you the most from the weekend message?
2. Why did that stand out to you most? What do you think God might be trying to say? (It's ok if you're just guessing. This will give you some space to process what it might be.)
3. Talk about a time when you've seen a person unable to get past a wrong done to them by someone else. In what ways did that person's inability to move on affect him or her?
4. Talk about a time when you've given someone power in your life by holding a grudge against him or her (even if that grudge was warranted by what that person did to you).
5. What are some obstacles to deciding not to drag the wrongs others have done to you into your future? What would need to happen for you to overcome those obstacles?

Read John 20:19-23

Later on that day, the disciples had gathered together, but, fearful of the Jews, had locked all the doors in the house. Jesus entered, stood among them, and said, “Peace to you.” Then he showed them his hands and side. The disciples, seeing the Master with their own eyes, were awestruck. Jesus repeated his greeting: “Peace to you. Just as the Father sent me, I send you.” Then he took a deep breath and breathed into them. “Receive the Holy Spirit,” he said. “If you forgive someone's sins, they're gone for good. If you don't forgive sins, what are you going to do with them?”

6. What stands out to you about Jesus' first encounter with his disciples after his death?
7. During the message, Abbie said, *“The easiest time to decide to forgive is before an offense takes place.”* What do you think about that statement? What might it take to become a person who regularly practices forgiveness?
8. Is there anyone in your life you need to forgive—not necessarily for his or her benefit but for your future? What can you do this week to take a step toward forgiving? How can this group support you?



Wrap It Up: Before you wrap up, be sure to talk through future plans for your group. If you are following Crosspoint's schedule, your group will take a break after this week until the next six-week session begins the week of April 14th. *This will be the final discussion guide for this session. Discussion Guides will resume April 14.

More from the Weekend

Join us next weekend as we begin Holy Week. We're kicking it off with a celebration focused on the events the week before the resurrection of Jesus.

Join us next weekend as we talk about how to prepare our mind, schedule, and our posture for the coming days to perhaps have the best Easter ever! See you next week!