

**CHOOSING
TO BE HEALTHY
In a Sick World
(PART 4)**

*"But I will restore you to health and heal your wounds..."
-Jeremiah 30:17 (NIV)*

How To Use This Life Group Study Guide

1. Review your message notes from Greg's weekend sermon.
2. Discuss the sermon along with this study guide.
3. Write out your answers to the questions below.
4. Discuss your answers with your Life Group members.

"Choose Forgiving"

If you repeatedly make a choice to do something long enough it becomes ingrained as a habit. That is one of the primary reasons there are so many unhealthy people today. We seem to have lost the ability to learn from our mistakes and are forever making the same bad decisions that lead us into a habitual life of misery.

One of the most debilitating habits of our lives is the habit of holding a grudge when someone crosses us. How long does it take for us to realize nothing good comes from living a life of bitterness and resentment? The Bible alerts us to the absurdity of living with resentment in Job 5:2: ***"To worry yourself to death with resentment would be a foolish, senseless thing to do."*** And in case we have a hard time figuring out exactly what Job was saying, he puts it down on the 'lower shelf' for us in Job 18:4: ***"You are only hurting yourself with your anger!"***

Resentment is a waste of time. It does no good. In fact, not only does it do us no good, we now have scientific data that substantiates as fact that resentment is detrimental to our health. Resentment and hostility over wrongs done to us come with increased blood pressure, hormonal changes that lead to cardiac disease, and impaired immune function. There is even evidence that neurological function and impaired memory may also result. As Stephen Arterburn says, ***"The lack of forgiveness is a potent internal cocktail that you administer to yourself to your own detriment every day."***

1. Greg referred to a 'justifiable resentment'. Give some examples of what you might consider to be a justifiable resentment.

2. Now lets make it personal. Have you ever held a 'justifiable resentment' against someone? What was the offense? Is it resolved? If so, how did you get over it? If not, why not?

3. Why do you think forgiveness is such a hard choice to make?

4. Discuss the advantage a Christian has when it comes to offering forgiveness.

5. Discuss the specifics of what it means that we have been forgiven by God through Jesus Christ. Do you think that was that an easy thing for God to do? Why or why not?

6. Do you think you were more deserving of forgiveness than the person whom you have been reluctant to forgive? Explain.

7. People often express a desire to see miracles as in Bible times. Discuss the miraculous nature of true forgiveness.

