# **Questions for Personal or Group Reflection: Matthew 6:12-15**

1. Look over Ray Pritchard’s list of blessings we forfeit/difficulties we invite when we hang on tightly to unforgiveness. Do you identify any of these in your soul? What other consequences would you add?

* Your fellowship with the Father is blocked or disrupted.
* The Holy Spirit is grieved. (see Eph 4:30-note, Ep 4:31, [32](http://biblia.com/bible/nasb95/Ep%204.32#_blank))
* Your prayers will be hindered and will not be answered. (Ps 66:18)
* God leaves you alone to face the problems of life in your own power (and He may add a few more "problems"). (Heb 12:5-11, Mt 18:34, 35)
* The devil potentially gains a foothold through your unwillingness to forgive (specifically as manifest by anger you refuse to relinquish). (Ep 4:27)
* God opposes you.
* You lose the blessing of God on your life.
* You waste time (and emotional energy) nursing a wounded spirit.
* You become enslaved to the people you hate.
* You become like those you hate.

1. One author gave a helpful list on knowing when we’ve truly forgiven. How are you doing? What would you add?

* I face what they did and forgive them anyway
* I don’t keep bringing it up to them.
* I don’t talk about it to others.
* I show mercy instead of judgment. (Mt 5:7, Jas 2:13)
* I refuse to speak evil of others.
* I choose not to dwell on it.
* I pray for them. (Mt 5:44)
* I ask God to bless them. (Ro 12:14)
* I do not rejoice at their calamities. (1Co 13:5)
* I help them when you can.

1. If you lack a sense of God’s forgiveness when you confess your sins, could it be because you have failed to forgive someone else? Ask God to clearly show you all of those you have not forgiven. Now ask Him for the grace to freely forgive.