

PART FIVE - Ps Tommy Vieyra STOP TORTURING YOURSELF

CONNECTION

What is the most generous thing someone has ever done for you? (Eg paid off a debt, made you dinner, bought you something, looked after your children)

BIBLE

Read Colossians 3: 12-15 (NLT):

Since God chose you to be the holy people he loves, you must clothe yourselves with tender-hearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony. And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.

QUESTIONS

1. When you think of the word peace, what comes to your mind? (Leaders: Many times we think of it as happiness, but biblical peace is much more than that. It is an inner assurance that God is with us and can help in all our situations)

The scripture says "And let the peace that comes from Christ rule in your hearts." The Greek verb "rule" (brabeu $\bar{o}/\beta \rho \alpha \beta \epsilon \dot{\omega}$) means to decide, to direct, to control, to arbitrate, or to govern. Arbitrate means "to make a judgment in an argument, usually because asked to do so by those involved:"

2. What would asking God to step in and help you make the right decision on something that is causing you conflict or confusion look like? (Leaders: There are many ways to hear from God on a matter, one of the best questions you can ask is "What does the bible say about it?"

Pastor Tommy asked - "Why do we allow ourselves to be tortured?" He went on to say the starting point for peace has to be forgiveness, knowing we are forgiven by God and then forgiving others, this is not necessarily reconciliation, we cannot always reconcile but we can always forgive. It is not always easy to forgive, but it is always necessary.



3. As this is the last week of the Unfollow series, is there any unforgiveness still in your life towards either yourself or someone else that you need to let go of? Or any relationships you need to reconcile? Or any relationships you need to 'unfollow'? It is time to let God's peace rule in that area.

DISCIPLESHIP IN ACTION

Did you know there are some great resources on all topics in the bible. Do you have more questions on FORGIVENESS, RECONCILIATION, PRAYER or any biblical topic?

Go to https://www.biblestudytools.com/topical-verses/ and you will find an extensive list of topics, each topic will have some information and lots of bible verses on the subject.