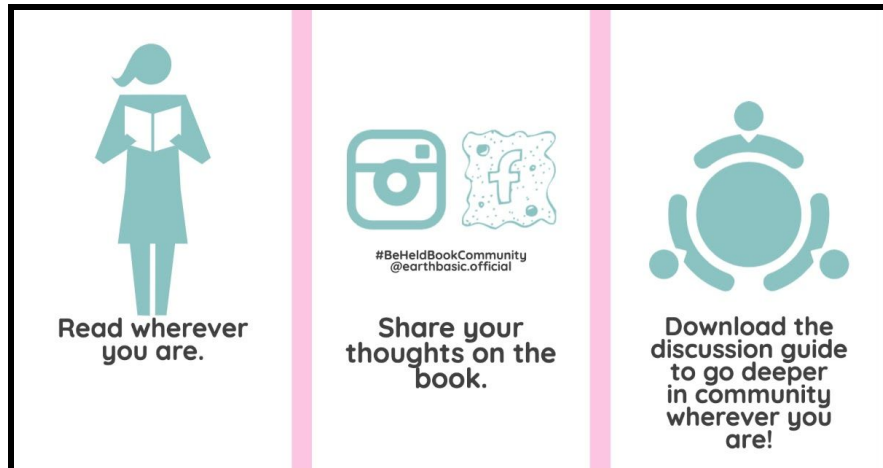




## Be-Held Book Community Discussion Guide



**Book:** [Forgiving What You Can't Forget](#) by author, [Lysa TerKeurst](#).

**Major Topic (s):** Forgiveness

### Discussion Questions:

1. What is the biblical definition of forgiveness?
2. According to Scripture, is forgiveness a command or an invitation?
  - How does the answer to this question encourage you?
  - How does the answer to this question challenge you?
3. According to Scripture, how are forgiveness and reconciliation distinct?
  - How are forgiveness and reconciliation related?
    - What examples does she offer?
    - Can you find examples in Scripture?
    - Can you lift up examples from your own life?
4. Lysa declares, "You deserve to stop suffering because of what other people have done to you."
  - How does unforgiveness prolong one's suffering?
    - What examples does she offer?
    - Can you find examples in Scripture?
    - Can you lift up examples from your own life?
  - What are some of the obstacles (beliefs, feelings, thoughts, attitudes, interactions, etc) one encounters on the path to forgiveness?
    - How can they be overcome?
    - What beliefs, attitudes, choices and actions must be embraced?
    - What examples does she offer?

- Can you find examples in Scripture?
  - Can you lift up examples from your own life?
- 5. How does unforgiveness impact the lives of “innocent” others in the life of the one struggling to forgive?
  - What examples does she offer?
  - Can you find examples in Scripture?
  - Can you lift up examples from your own life?
- 6. In what ways has Lysa’s exploration of the topic of forgiveness encouraged you?
- 7. In what ways has Lysa’s exploration of the topic of forgiveness challenged you?
- 8. What lingering questions do you have?