

STUDENT STUDY GUIDE

SESSION 6 – FORGIVE US OUR SINS, AS WE FORGIVE THOSE WHO SIN AGAINST US

Learning to Receive and Extend God's Mercy

SESSION FOCUS

Prayer eventually leads us to honesty. In the Lord's Prayer, Jesus teaches us to bring both our **failures** and our **relationships** before God. When we pray, "*Forgive us our sins, as we have forgiven those who sin against us,*" we acknowledge something deeply human: we fall short, and we are also hurt by others.

This session explores forgiveness not as a quick solution, but as a **process shaped by grace**. Prayer becomes the place where we receive God's mercy and slowly learn to extend that same mercy to others.

OPENING REFLECTION

Before reading, pause and reflect honestly.

What emotions surface when you think about forgiveness?

Where do you feel the weight of guilt, regret, or unfinished conflict?

What relationships feel most difficult right now?

(You may want to write a few notes before moving on.)

SCRIPTURE READING

Read **Matthew 6:9–15** slowly.

As you read, pay attention to:

- How forgiveness is woven into prayer
- The connection between receiving and extending grace
- The seriousness Jesus gives to forgiveness

Do not rush. Notice which words feel heavy or hopeful.

KEY IDEA

Forgiveness is central to prayer because it is central to relationship.

Jesus teaches that prayer is meant to form hearts shaped by mercy—honest about sin, open to grace, and willing to release others over time.



PART 1: FORGIVE US OUR SINS

Prayer invites us to bring our failures into the light.

Reflection Questions

- Why do you think Jesus includes confession in daily prayer?
- What makes it difficult to admit the need for forgiveness?
- How is confession different from shame?

Personal Notes:

PART 2: RECEIVING GOD'S FORGIVENESS

Sometimes receiving forgiveness is harder than asking for it.

Reflection Questions

- Why do people struggle to believe they are forgiven?
- How does guilt linger even after forgiveness is offered?
- What helps you receive grace honestly?

Personal Notes:

PART 3: AS WE FORGIVE OTHERS

Jesus connects forgiveness with how we treat one another.

Reflection Questions

- Why do you think Jesus links these two together?
- What emotions arise when forgiveness toward others is mentioned?
- How is forgiveness different from forgetting or excusing harm?

Personal Notes:

PART 4: FORGIVENESS AS A PROCESS

Forgiveness is often gradual rather than instant.

Reflection Questions



- Why does forgiveness usually take time?
- What fears or resistance surface when forgiveness feels required?
- How does God's patience shape the way we forgive?

Personal Notes:

PART 5: HOLDING MERCY AND TRUTH

Forgiveness does not deny pain.

Reflection Questions

- Where do you need God's forgiveness most right now?
- Where does forgiveness toward others feel hardest?
- What would one small step toward mercy look like?

Personal Notes:

LOOKING FORWARD: BRINGING FORGIVENESS INTO PRAYER

Prayer can hold what feels unresolved.

- What would it look like to bring unfinished forgiveness to God?
- How might prayer hold both honesty and hope?
- What is one gentle step you sense God inviting you to take?

Personal Response:

CLOSING PRAYER

Take a moment to pray—silently or aloud—for:

- God's mercy to meet you where you are
 - Freedom from shame or bitterness
 - Courage to take the next step toward grace
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OPTIONAL TAKE-HOME PRACTICE

This week:



- Name where you need forgiveness—given or received
- Bring it honestly to God without forcing resolution
- Ask for grace to take one small step

Ask yourself: **What might mercy look like today?**

FINAL THOUGHT

Forgiveness is not denial.

It is release.

Prayer does not rush healing.

It makes room for grace.

Let mercy shape your prayers—and your heart.

