

# IT'S COMPLICATED

# **Discussion Guide**

## **“Holding on Is Hurting You”**

### **Pastor Daniel Floyd**

**Starter** Without mentioning names, stories, or pointing to a friend or spouse, how many of you have at least one relationship that you'd describe with the words: *it's complicated*? Is the relationship complicated because of something that's happening right now or something that happened in the past?

## Sermon Summary

Pastor Daniel reminds us that while offense is inevitable in a broken world, holding on to it only traps and poisons us, not the person who hurt us. Through prayer and Scripture, we learn that choosing forgiveness and uprooting bitterness is the path to freedom and healing.

ACT

As you absorb sermons, read, or participate in group discussion, take notes and make a plan to apply what God's teaching you.

**A (Action):** Mark important ideas with an “A” to remind you to take action.

**C (Contemplate):** Use a “C” to mark ideas you want to process further.

**T (Transfer/Teach):** If it's something you need to teach to someone else, note it with a "T."

## Read

What do these Scriptures teach you about God's character? (Read some or all verses together.)

<u><a href="#">Colossians 3:12–14</a></u>	<u><a href="#">1 Samuel 18:6–9</a></u>	<u><a href="#">Proverbs 19:11</a></u>	<u><a href="#">Hebrews 12:15</a></u>
<u><a href="#">Psalm 141:3</a></u>	<u><a href="#">James 4:1–2</a></u>	<u><a href="#">Mark 3:25</a></u>	<u><a href="#">Matthew 12:25</a></u>
<u><a href="#">Romans 3:23</a></u>	<u><a href="#">Luke 6:37–38</a></u>	<u><a href="#">Matthew 5:23–24</a></u>	<u><a href="#">Psalm 39:2–3</a></u>
<u><a href="#">Matthew 5:43–44</a></u>	<u><a href="#">Acts 8:23</a></u>	<u><a href="#">Acts 3:19</a></u>	<u><a href="#">Romans 12:18</a></u>

## Discuss

Choose questions to keep the discussion moving. There's no need to discuss every question.

1. Where in your life do you sense God inviting you to release an offense you've been holding on to?
2. What tends to be your first response when you feel hurt or overlooked—withdrawal, anger, silence, or something else—and why do you think that is?

3. How have unmet expectations or poor communication played a role in creating tension in one of your relationships?
4. In what ways might holding on to offense be affecting your relationship with God, with people, or in other areas of your life more than you want to admit?
5. What would it look like for you to take one intentional step toward forgiveness, healing, or peace this week—even if full restoration isn’t possible right now?

### Go Deeper

1. Study Matthew 18:21–35 (The Parable of the Unforgiving Servant). What does this parable reveal about the connection between the forgiveness you’ve received from God and the forgiveness you extend to others?
2. Study Ephesians 4:31–32. Which attitudes or behaviors listed in these verses do you see surfacing in your life and what would it look like to intentionally replace them with compassion and forgiveness this week?

### Apply

1. When you feel triggered, overlooked, or hurt this week, pause and check your heart before reacting and ask yourself two questions in prayer: “*What am I feeling right now?*” and “*What do You want me to do with this, God?*” Practicing this helps stop offense from taking root and creates space for wisdom, humility, and peace to lead your response.
2. This week, take time each day to name an offense you’ve been carrying and intentionally release it to God in prayer. Ask Him to soften your heart and uproot bitterness. Write it down, pray over it, and remind yourself daily that forgiveness is a choice you’re making, even if healing takes time.
3. Identify one relationship where offense has created distance and ask God what your next step should be—whether it’s having a conversation, setting a boundary, offering an apology, or simply praying blessings over that person. If it’s wise and possible, move toward peace; if not, choose freedom by letting go of resentment and trusting God with the outcome.

### Pray

Here are some prayer points:

1. Ask God to reveal any offense or bitterness you’ve been carrying and pray for the courage to release it and walk in freedom.
2. Ask God to soften your heart where it’s grown guarded or hardened so you can choose forgiveness the same way God has chosen to forgive you.
3. Ask God to show you where offense has brought division in your relationships and pray for Him to lead you toward peace and healing so you can reflect Christ’s love in every relationship.

### Leadership Tip

Remind the group that forgiveness is a process, not a performance—no one needs to share details they’re not ready to share. Lead by modeling honesty without oversharing, gently guiding the conversation toward self-reflection and freedom rather than toward fixing people or rushing the healing process.