

OUR FATHER -- *Episode Six: Forgive Us Our Trespasses*



Team Member Name: _____ Date: _____

Game Strategy – Two little words in the Our Father, “as we”, perhaps carry the most weight. Jesus makes it crystal clear; if we won’t forgive, then we won’t be forgiven. This is tough.

Be ready to take the field for this workout by completing the **Pregame Film Study**. Your contributions to the Huddle Discussion in our workout are vital to our team success. Remember we win and lose as a team!

Pregame Film Study

1. View or listen to the episode referenced above.
2. Go deep with the Scripture References, Coaching Tips and Catechism Connection on page 2.
3. Reflect upon the **Huddle Up** questions below and jot down your thoughts.

Huddle Up – Use these questions for personal reflection to share with your team at the workout.

Warm-up Questions:

1. What particular point(s) caught your attention the most in this episode?
2. What is something useful that you learned from viewing this episode that you can apply in your own life?

Workout Questions:

1. Who do you relate more to in the Gospel story (Mat 18:23-35), the unforgiving servant, or the lord who is angry over someone else’s lack of forgiveness? Why?
2. How do you think that having trust in Jesus, will help you to forgive those who have hurt you?
3. What should the attitude of your heart be towards those who have hurt you? Read Ephesians 4:31-32. What should the attitude of your heart be towards those you have hurt?
4. Do you forgive others as Christ forgives you? What makes this great command of the Lord so difficult for you?
5. Is it possible, to truly say that you love God, if you are carrying a huge burden of anger and lack of forgiveness in your heart? See I John 4:20-21.
6. Who in your life has shown you what true forgiveness is? How did they do that?

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Team Workout Plan - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

Postgame Recap - Watch the End Zone video segment as a team. Take note of the tips from the CTG team:

1. Is there someone you need to forgive?
2. Be mindful of the impact you have on others.
3. Remember what you do when you point.

Complete your **Personal Action Item**. 

Scripture References

Matthew 6:14-15
Luke 23:34
Matthew 5:7
Matthew 10:8

Matthew 18:15-17
Matthew 18:21-35
Ephesians 4:31-32
1 John 2:20-21

Coaching Tips

This concept is the foundation of Christianity, the heart of God.

He who knows how to forgive prepares for himself many graces from God. As often as I look upon the cross, so often will I forgive with all my heart. - *St. Faustina*

They will know we are Christians by our love. - *Hymn*

Catechism Connection

2838 This petition is astonishing. If it consisted only of the first phrase, “And forgive us our trespasses,” it might have been included, implicitly, in the first three petitions of the Lord’s Prayer, since Christ’s sacrifice is “that sins may be forgiven.” But, according to the second phrase, our petition will not be heard unless we have first met a strict requirement. Our petition looks to the future, but our response must come first, for the two parts are joined by the single word “as.”

2840 Now—and this is daunting—this outpouring of mercy cannot penetrate our hearts as long as we have not forgiven those who have trespassed against us. Love, like the Body of Christ, is indivisible; we cannot love the God we cannot see if we do not love the brother or sister we do see. In refusing to forgive our brothers and sisters, our hearts are closed and their hardness makes them impervious to the Father’s merciful love; but in confessing our sins, our hearts are opened to his grace.

2842 This “as” is not unique in Jesus’ teaching: “You, therefore, must be perfect, as your heavenly Father is perfect”; “Be merciful, even as your Father is merciful”; “A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another.” It is impossible to keep the Lord’s commandment by imitating the divine model from outside; there has to be a vital participation, coming from the depths of the heart, in the holiness and the mercy and the love of our God. Only the Spirit by whom we live can make “ours” the same mind that was in Christ Jesus. Then the unity of forgiveness becomes possible and we find ourselves “forgiving one another, *as* God in Christ forgave” us.

See Also: **2839, 2841, 2843-2845**

Personal Action Item

Develop a plan of action based upon our prayer and discussion related to the topic. How does the Lord want this topic applied in your life? Keep it simple – one or two action items.

I commit to becoming spiritually fit by...