



From *The New York Times* Best-Selling Author

Karen Kingsbury's

A Thousand Tomorrows



**Small Group
Discussion Guide**
Episode #4



SESSION #4-CHOOSING TO LET IT GO

- **Key Verse**
 - Joshua 1:9 ¹³ **Make allowance for each other's faults and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.** NLT
- **Open Session in prayer**
 - Take prayer requests and ask for people to share how you have worked through forgiveness in their lives?
- **Opening Discussion:**
 - Talk about what your group hopes to accomplish by doing this study together.
 - **Discussion Question: Who do you need to forgive, what is the first step you a person takes to begin the process of forgiveness.**
- **Stream-Episode #4 of A Thousand Tomorrows on Pure Flix**
- **Stream- Teaching Segment #4 from Karen Kingsbury**
- **Discussion**
 - What stuck out to you from Episode #4 of A Thousand Tomorrows or Karen's teaching about letting it go?
 - Secrets make us sick. What does God want to do with the secrets you're holding onto?
 - If you only had A thousand tomorrows, what would you do?
 - How does fear stop you from laying things down?
 - What does an open-heart look like in life? Has your heart been closed off because of past pain and hurt? How do we experience freedom?
 - What wisdom do you need in the place of life you are right now?
- **Action Step**
 - In your prayer and journal time ask Jesus if there is anyone you need to forgive, write it down and then ask God to help you begin the process of forgiving.
- **Closing Prayer**