



DISCUSS

- 1. Who in your life do you need to forgive? How have you found yourself withholding emotion, affection, time, or energy from them?
- 2. What steps are you going to take to restore a strained relationship in your life by releasing the offense and blessing the person?
- 3. How can you apply the principles of apologizing during this season: 1) don't wait, initiate; 2) say "I'm sorry for_____"; 3) learn from it.

READ

- Colossians 3:12-13
- What is the importance and significance of clothing yourself in the character of Jesus?

PRAY

Jesus, help us pursue healthy relationships in our lives. May we be people of peace.