

Abide Leaders Guide

Week 7: The Freedom in Forgiveness

March 15th, 2026

1. Follow up

Ask your group if they did any of the core practices from last week and how trying a new prayer strategy went.

2. Create a grace-filled atmosphere

Talking about forgiveness can surface deep wounds. Remind the group that confession is safe, not shameful. If your group is co-ed, we recommend splitting by gender to create a safe place for people to be vulnerable.

3. Lead with vulnerability

Share a personal example of where God helped you forgive. Your honesty will give others permission to open up.

4. Point people to next steps, not perfect outcomes

Encourage small, realistic acts of forgiveness—praying for someone, writing a note, or releasing something in prayer—rather than pressuring full reconciliation.