



# Help! I Need to Forgive

## How to use this journal:

- Read through *Help! I Need to Forgive* by Jim Newcomer.
- As you read through each chapter, write down at least three **key truths** that impact you. Space for notes is provided below.
- Thoughtfully work through the **Questions for Reflection**<sup>1</sup> after you read each chapter. Space for journaling your answers is provided.

<p><b>Introduction/ Chapter 1</b></p> <p><i>Impacting Truths:</i></p>	<p>1. _____ _____ _____</p> <p>2. _____ _____ _____</p> <p>3. _____ _____ _____</p>
<p><b>Chapter 1</b></p> <p><i>Questions for Reflection:</i></p>	<ul style="list-style-type: none"><li>• Which fear(s) can you personally relate to? Why?</li>          <li>• Contrast these with Romans 12:14-21.</li>          <li>• In your own words, describe the posture that Christ requires.</li></ul>

<sup>1</sup> The *Questions for Reflection* are taken from *Help! I Need to Forgive* by Jim Newcomer, (Shepherd Press, 2023).

<p><b>Chapter 2</b> <i>Impacting Truths:</i></p>	<ol style="list-style-type: none"> <li>1. _____ _____</li> <li>2. _____ _____</li> <li>3. _____ _____</li> </ol>
<p><b>Chapter 2</b> <i>Questions for Reflection:</i></p>	<ul style="list-style-type: none"> <li>• Who is the servant in the story? Why is this significant to Peter and you?</li>   <li>• Describe the forgiveness you have experienced in salvation.</li>   <li>• In your own words, describe Paul's astonishment over his story in 1 Timothy 1:12-17.</li> </ul>
<p><b>Chapter 3</b> <i>Impacting Truths:</i></p>	<ol style="list-style-type: none"> <li>1. _____ _____</li> <li>2. _____ _____</li> <li>3. _____ _____</li> </ol>

<p><b>Chapter 3</b> <i>Questions for Reflection:</i></p>	<ul style="list-style-type: none"> <li>• Describe each of the four reactions in your own words.</li>   <li>• Search out at least two Bible verses that describe each one.</li>   <li>• Which reaction(s) can you relate to? Why?</li> </ul>
<p><b>Chapter 4</b> <i>Impacting Truths:</i></p>	<ol style="list-style-type: none"> <li>1. _____ _____</li> <li>2. _____ _____</li> <li>3. _____ _____</li> </ol>
<p><b>Chapter 4</b> <i>Questions for Reflection:</i></p>	<ul style="list-style-type: none"> <li>• Why does an unforgiving believer not make sense? Write out Ephesians 4:32 and Colossians 3:13.</li> </ul>

	<ul style="list-style-type: none"> <li>• How can non-forgivers suffer more than the people who have wronged them?</li> </ul>
<p><b>Conclusion</b> <i>Impacting Truths:</i></p>	<ol style="list-style-type: none"> <li>1. _____ _____</li> <li>2. _____ _____</li> <li>3. _____ _____</li> </ol>
<p><b>Conclusion</b> <i>Questions for Reflection:</i></p>	<ul style="list-style-type: none"> <li>• In your own words, explain the difference between <i>lovingly covering</i> and <i>lovingly confronting</i>.</li> <li>• Why is the journey of forgiveness so valuable to you as a believer?</li> <li>• How does 1 Timothy 4:7-10 apply to this journey?</li> </ul>