

## QUESTIONS YOU CAN'T SHAKE

### Why Is It So Hard to Forgive? // Vijay Krishnan // April 26, 2026

Most of us have experienced it—that feeling where you thought you’d forgiven someone...and then suddenly, it all comes rushing back. The hurt, the frustration, the anger—it’s like it never left. Why is that? Why does unforgiveness feel like something that just won’t die? This message invites us into a deeper, more honest understanding of forgiveness—not as a quick fix or a simple decision, but as a complex, costly journey that ultimately points us to the cross of Jesus.

**Scripture:** [Colossians 2:13-14 NLT](#) // [Revelation 19:11 NLT](#)

**Bottom Line:** Forgiveness is costly because someone always has to pay the debt.

#### Digging In:

*Reminder: The goal is a good discussion, not completing every question. Use these as a tool to help.*

1. Have you ever had a moment where you thought you’d forgiven something, but then the feelings came back? What was that like?
2. Why do you think forgiveness is so much harder than people often make it sound?
3. What other “little monsters” come into our lives and start growing when we allow unforgiveness to linger? How have you observed or experienced this personally?
4. Vijay described forgiveness as like dealing with debt. Why do we instinctively want the other person to “pay” for what they’ve done? What are some (not so) subtle ways that we try to make people pay us back?
5. What situation in your life right now feels like an “unpaid debt”? What makes it hardest for you to release that debt rather than hold onto it?
6. Vijay also talked about forgiveness as it relates to the idea of being out for blood. What does this mean? How is the desire for justice actually appropriate and good?
7. How does the truth that Jesus knows what it’s like to suffer for what others have done change how you view your own pain?
8. Jesus chose to accept the suffering and forgive the wrong done to him. What does it mean practically for us to “accept what happened” without saying it was okay?
9. Read Colossians 2:13-14 together. What stands out to you from these verses? How does knowing that Jesus has paid your debt—and shed his blood—reshape your ability to truly forgive others?

10. Read Revelation 19:11. When it comes to forgiveness, what tangible difference does it make when we recognize that Jesus will one day return as a righteous judge?
11. What is one small step you could take this week toward forgiveness (not finishing it, just moving toward it)?

**Responding Together:**

Take a moment as a group to sit quietly. Invite everyone to close their eyes and reflect. Ask each person to bring to mind a person or situation where forgiveness feels difficult right now. As the leader, slowly pray these words over the members of the group:

*Jesus, you see what's happened. You know what it's cost us. We don't want to carry this alone anymore. Please help us to take one step toward forgiveness. Give us the courage to release what we've been holding onto. And meet us with your grace as we do. Amen.*

**Looking Forward:**

This week, pay attention to where old wounds resurface. Instead of pushing them down or feeling guilty, bring them honestly to Jesus. Ask him to help you take one step—not to finish forgiveness, but to begin releasing the debt. Remember, forgiveness isn't about pretending it didn't hurt; it's about trusting Jesus with what it cost.