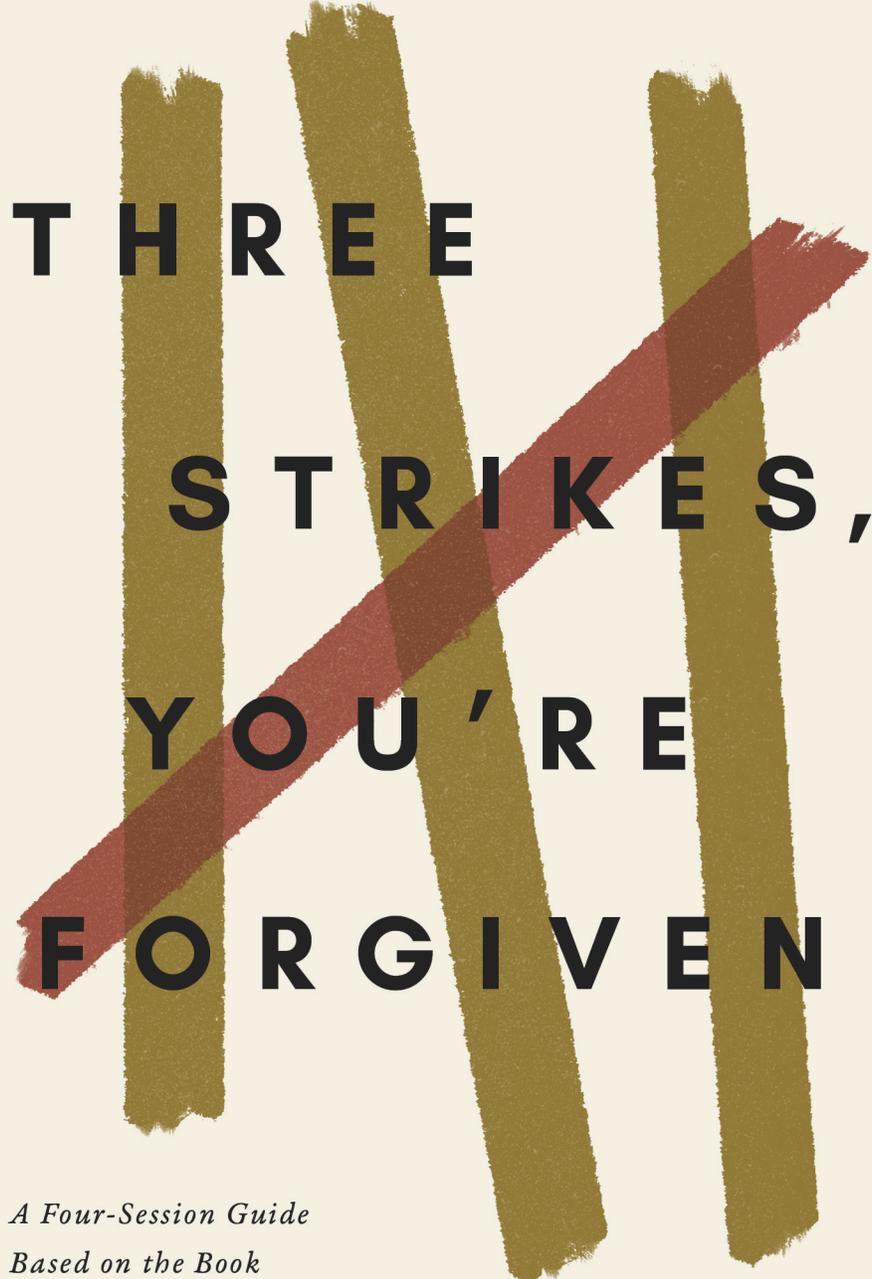


PARTICIPANT'S GUIDE

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DAVIS



**THREE
STRIKES,
YOU'RE
FORGIVEN**

*A Four-Session Guide
Based on the Book
and Video Series*

Copyright Notice

*Three Strikes, You're Forgiven Participant's Guide
4 Session Study*

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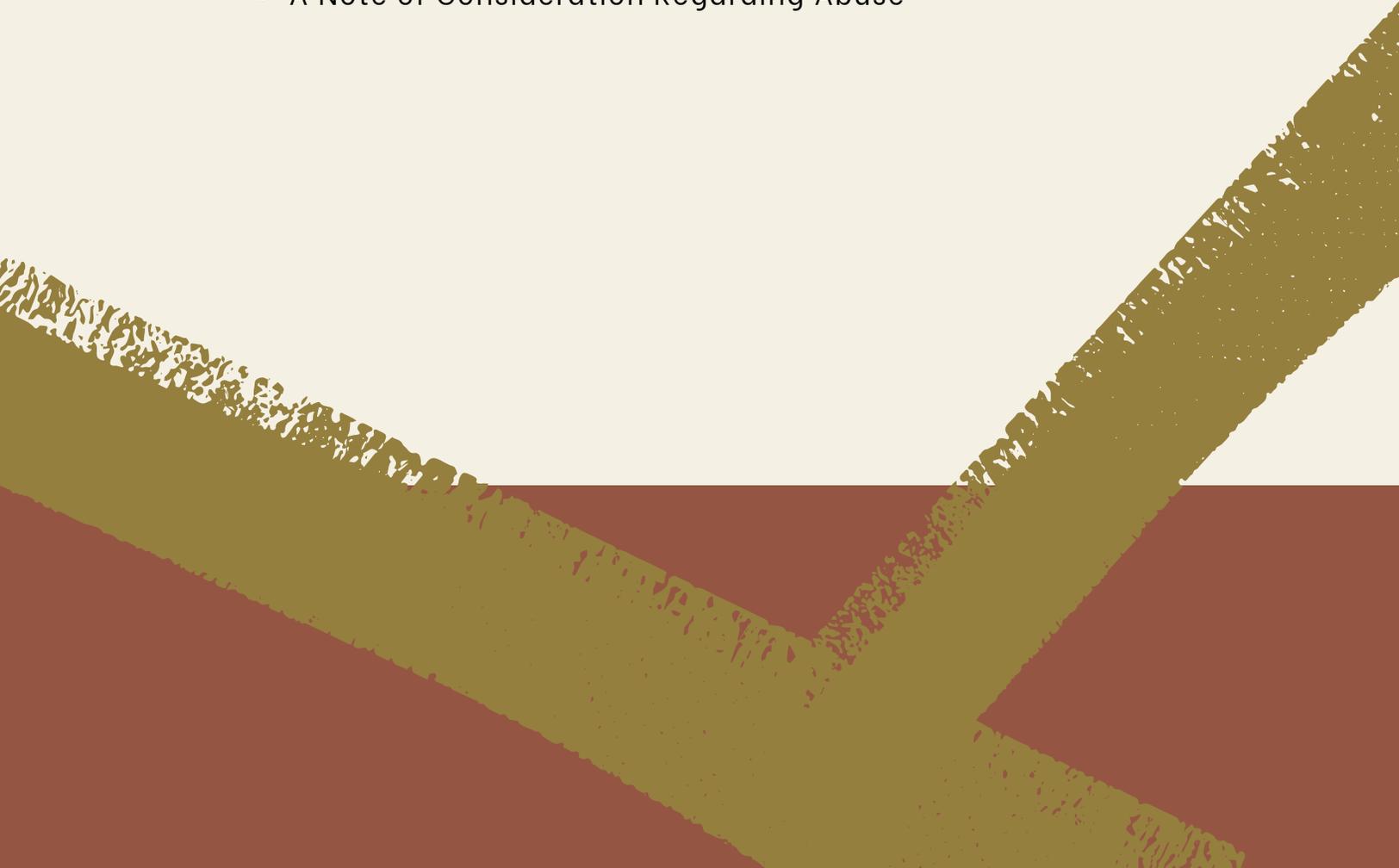
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Videos produced in association with Quentin Reagan.

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Welcome

How to Use This Discussion Guide

Hello, my friend.

The purpose of this discussion guide is to bring to life the themes outlined in the *Three Strikes, You're Forgiven* video series. My hope is that as you watch and subsequently converse with others, you are able to think deeper, laugh harder, and live better. May this resource be an excavator-like tool that mines your soul for the ways forgiveness might shape and form your day-to-day relationships and life.

Before each session, read the chapters from the book, *Three Strikes, You're Forgiven*, that correspond to that particular session. For example, session 1, titled "Forgiving Others," includes chapters 1-3 from the book. This will help you get the most out of this discussion guide. Use the following features to guide your group discussion about each session:

RELATE:

Before you dive into the study each week, spend a few minutes conversing with one another about day-to-day life. Something our covenant community practices is an exercise we call "High, Low, Funny." Share the highlight of your week, the lowlight of your week, and something funny that happened to you.

REVIEW:

Watch the corresponding teaching for each session to gain further insight as you answer the questions that follow. Videos are available for streaming at www.tyndalechristianresources.com.

READ:

As you extrapolate themes from each session and the corresponding chapters of the book, you will look in depth at a particular passage of Scripture. Get curious!

What do you notice?

What feels challenging?

What feels inspiring?

What do you sense the Holy Spirit saying to you?

REFLECT:

As you reflect on each chapter from the book and the video teaching, share with one another what portions had a particular impact on you. Ask specific questions related to the theme(s) of each session.

RESOLVE:

As each session closes, resolve to live life a different way. Take what you've learned and decide to apply the truth(s) that you have gleaned. Use the community around you to hold you accountable in the week to come.

RECITE:

Close each session in prayer. There is power in reciting communal prayers together. Each week, you'll be given a different prayer to recite that is pulled directly from *The Forgiveness Way* prayer devotional (available Spring 2026).

I hope and pray these teachings and the subsequent discussions allow you to discover a better, bright future. One that is not bound by bitterness, resentment, or despair but by hope, peace, and love.

Cheering you on.



Session 1

Forgiving Others

RELATE:

Share the highlight of your week, the lowlight of your week, and something funny that happened to you.

REVIEW:

Watch session 1 of the *Three Strikes, You're Forgiven* video collection.

READ: Chapters 1–3 from *Three Strikes, You're Forgiven*

Scripture: Genesis 12:10–20; Genesis 20:8–13; Genesis 27:6–13; Genesis 37:31–32

- What do you notice?
- What feels challenging?
- What feels inspiring?
- What do you sense the Holy Spirit saying to you?

REFLECT:

- We are all in different starting places when it comes to a topic like forgiveness. Locate yourself. What emotions, tensions, questions, fears, or excitement are you bringing with you into this conversation?
- What scripts have you carried with you that have accrued through past wounds?
- The story of Jacob and Esau is a beautiful example of how reconciliation is possible and how the cycle of unforgiveness can be broken. In what ways have you seen the cycle of unforgiveness broken in your own life?
- Do you sense an invitation from the Lord to be the person to break this cycle in your own family/circle of influence? Why or why not?
- Forgiveness is both a practice and a process. The process of forgiveness requires that we grieve, reassess, and build toward healing and wholeness. Where do you feel strongest in this process? Where do you feel weakest in the process?

RESOLVE:

This week, plan to spend 10–15 minutes ruminating on any of the scripts that surfaced during the “reflect” portion of this session’s discussion.

- How have you seen these scripts resurface over the course of your life?
- How are these scripts affecting your day-to-day reality?
- How can you invite Jesus to begin healing some of these hurtful scripts?

RECITE:

Jesus,

I did not choose the family I was born into, but you did.

Why? I hope, in time, you will reveal that to me.

Until then, I'm asking that you heal the past hurts that I cannot understand and give me grace to see the ways that my family did show up for me.

The ways that they let me down, I offer to you.

Thank you that I can learn from my family of origin which choices I do or don't want to repeat.

To write a new story in my own life, I know that I must make a different choice. For the ways I've been burdened or blessed by my family . . .

I choose to believe that you, God, are near.

I choose to believe that you, God, are just.

I choose to believe that you, God, hold truth.

I choose to believe that you, God, can heal.

God, you invite me into your family when I trust in you.

You instruct us to call you Father.

I trust there is intentionality behind that vernacular.

You are the perfect parent.

You hold me where I've been dropped. You protect me where I've been exposed. You fight for me where I've been forgotten.

Help me to become more and more like you—full of joy, peace, and love.

If I'm tempted to focus on flaws, help me to pursue reconciliation.

If I'm tempted to repeat generational patterns, help me to pursue healing.

If I'm tempted to put my family on a pedestal, help me to put you first.

Help me to love and forgive the family I did not choose as you love and forgive me.

Amen.

Session 2

Asking for Forgiveness

RELATE:

Share the highlight of your week, the lowlight of your week, and something funny that happened to you.

REVIEW:

Watch session 2 of the *Three Strikes, You're Forgiven* video collection.

READ: Chapters 4-7 from *Three Strikes, You're Forgiven*

Scripture: John 8:2-11

- What do you notice?
- What feels challenging?
- What feels inspiring?
- What do you sense the Holy Spirit saying to you?

REFLECT:

- Have you found yourself reveling in the failure of others? In what way? Why do you think you're attracted to reading about, talking about, or watching the failure of others? Do you sense this having an impact on your soul?
- We've all failed. However, Jesus meets us in our failure. How has Jesus met you in your failure? Share an example with the group from your own life story. Share as in depth as you feel comfortable.
- The Bible cautions us in our judgment of others. However, we still have a responsibility to lovingly rebuke brothers and sisters who are caught in sin. Can you think of a time when you had to rebuke someone? Did you do so with the intention of convicting them or condemning them? How did that interaction go?
- Confession can be a healing practice in asking for forgiveness. Have you practiced confession before? What was your experience like? If you haven't, what apprehensions, fears, or doubts do you have about this practice?

RESOLVE:

Take time this week to practice what it means to be "slow to speak and quick to listen" (see James 1:19-20). Be cautious in your judgments of others. How can you extend compassion to others rather than believing the worst about them?

RECITE:

Father, God,

I praise you, as I am reminded that you chose me.

At my worst.

At my lowest.

In my pride, rebellion, and sin.

You came down to earth, inserted yourself into our story, and saved us.

God, that would have been enough. But rather than simply saving us, you restored a right relationship with us.

You chose me. I am your child.

Thank you for extending forgiveness.

Thank you for your sacrifice.

Thank you for setting me free.

Thank you for always welcoming the repentant prodigal home.

Here I come.

Amen.

Session 3

Forgiving Yourself

RELATE:

Share the highlight of your week, the lowlight of your week, and something funny that happened to you.

REVIEW:

Watch session 3 of the *Three Strikes, You're Forgiven* video collection.

READ: Chapters 8–9 from *Three Strikes, You're Forgiven*

Scripture: Colossians 3:13; Ephesians 1:7; Acts 10:43; Luke 6:36

- What do you notice?
- What feels challenging?
- What feels inspiring?
- What do you sense the Holy Spirit saying to you?

REFLECT:

- In a culture obsessed with failure, declaring that failure is the starting point for all of us can feel frustrating or intimidating. But as fallen human beings, we've all failed. Can you name a time or two in your life—big or small—when you've failed? How did that experience mark you, for better or worse?
- There are three key motivators that encourage us to avoid failure: shame, fear, and doubt. Which motivator do you resonate with most? How have you seen that motivator make itself visible in your life?
- The person we struggle most to forgive is often ourselves. Is there any shame from your past that is hindering your present? To whatever degree you feel comfortable, share with the rest of the group about that experience. Let the grace and kindness of trusted voices in your community help resurrect your true self in Christ.
- Forgiving ourselves begins when we submit to Christ and allow our intentions to be transformed. Where do you find yourself in that process? What aspect of self-forgiveness seems to be the most challenging?
- God loves you. God forgives you. Do you find that easy or difficult to believe? Why or why not?

RESOLVE:

Make a plan this week to write or type up one page of personal affirmations. Give God some space to speak life and love into your soul. You are not the summation of your past failures. You are forgiven and redeemed! Allow your true self in Christ to surface through this exercise.

RECITE:

Father,

If I am honest, I have prioritized being included by others more than I have graciously acknowledged being included by you.

You did not have to send your Son to die for me.

You did not have to choose me.

You did not have to include me.

But you did!

So, Jesus, would you help me to believe that is enough today?

Would you bring to mind a recent moment when I have been excluded?

And as I recall this moment, would you remind me of my identity in you?

I am not forgotten, excluded, or overlooked.

Instead, I am seen. I am known. I am loved.

Thank you, Jesus, for including me.

Amen.

Session 4

Forgiving God

RELATE:

Share the highlight of your week, the lowlight of your week, and something funny that happened to you.

REVIEW:

Watch session 4 of the *Three Strikes, You're Forgiven* video collection.

READ: Chapters 10–13 from *Three Strikes, You're Forgiven*

Scripture: Luke 23:35–43

- What do you notice?
- What feels challenging?
- What feels inspiring?
- What do you sense the Holy Spirit saying to you?

REFLECT:

- Can a God who allows suffering be trusted? That's the big question, isn't it? How have you navigated this complex question in your own journey of faith? How does Micah's transformation reframe this question in a hopeful light?
- When we read Scripture, we recognize that God himself suffered. How does this truth encourage you as you navigate suffering in your own life? Is there a specific portion of the Bible that can aid you in difficult times?
- Jesus' statement to the thief on the cross makes it clear that no one is barred from receiving the forgiveness of Jesus if they are willing to ask for it. How does that truth resonate with you? Are you grateful that forgiveness is for everyone? Bitter? Resentful? Share some of the honest emotions you're processing within.
- Forgiveness is a responsive, relational, and required decision. Which of those three feels most natural to you? Which feels most difficult? Why do you think that is?
- The scandal of grace is just that: scandalous. It's not earned or deserved for any of us, and yet it is freely given. How could that truth transform the way you relate to others who have wounded you, hurt you, let you down, or failed you? As you look toward the transformed future God desires for you, what does this exercise stir within you?

RESOLVE:

Decide this week to contact one person you feel has slighted you and who you are holding bitterness or resentment against. And then? Offer them forgiveness. Release them from the hold they (knowingly or unknowingly) have on you. Surrender this person to Jesus and allow his grace and mercy to wash over you. As you do this, you will step into a transformed future as you practice biblical forgiveness.

RECITE:

Abba, Father,

I know that you see me in the current complexity of life.

Would you give me discernment to sort out what is mine to carry and what is mine to let go of?

I am in need of your wisdom.

My present circumstances are the result of someone else's choices.

This grieves, angers, and frustrates me.

Yet I have a choice. I can choose bitterness or forgiveness.

Help me to choose the latter today, Jesus.

So much as it depends on me, help me to work toward peace.

Thank you for your grace and understanding, for acknowledging that in some circumstances—perhaps my circumstance—it is not possible to restore the relationship.

You know that reconciliation takes two who are willing to pursue wholeness.

The person I am working to forgive is not there.

So, once I am ready to forgive, if it is still not possible to pursue peace, help me to release them, entrusting their future to you, the God who sees all.

Amen.

Share

Helpful resources deserve to be shared.

If you've found this work helpful, it would mean the world to me if you'd consider

- sharing the link to purchase this discussion guide with a friend,
- posting a picture on social media with your discussion group, or
- sending a note to a friend you think would benefit from the book—or, even better, gifting them a copy.

When I find a trusted voice, I always look for more from them.

Here is a QR code so you can access more of my teachings and writings on faith, formation, and the life of Jesus.

You can also learn more at sanctuaryindy.com or by visiting micahedavis.com.



A Note of Consideration Regarding Abuse

I want to ensure that I offer a clear, direct clarification regarding forgiveness and abuse. My heart goes out to anyone reading this whose story contains abuse of any kind.

It is important to state here that forgiveness does not mean forgetfulness. As you work toward forgiving your abuser, there should be zero expectation to excuse, explain, or justify their actions. When abuse and power dynamics are present in a particular relationship, forgiveness is not as cut and dry as “because the Bible tells me so.” There is a mountain of complex emotions that must be waded through in this process. Biblical forgiveness is not the absence of justice, accountability, or righteous anger. In fact, these aspects of the forgiveness journey are often key components to true healing.

Forgiving your abuser doesn’t mean continuing to be in close or intimate relationship with them. In fact, the healthiest option may be to have physical distance between you and them for a set period of time—perhaps for the rest of your life. While God’s heart is always for reconciliation, sometimes this is simply not possible in our broken, sinful, fallen world. Reconciliation requires repentance. If the abuser is unwilling to repent and acknowledge the severity of their decisions, reconciliation is a nonstarter. Understand that this is not your fault. It’s theirs. You can grieve this unfortunate reality, but do not carry shame or blame for it. You can seek healing and wholeness for yourself in spite of their inability to do the same.

If your abuser does express genuine repentance and remorse, this also does not mean that you must fully restore your relationship immediately (or perhaps ever) to the same degree it once was. Choices have consequences that need to be faced. The hope in forgiveness is not that you would desire a close relationship with your abuser. The hope in forgiveness is that you would see resentment, hatred, and anger subside in your heart and that your life would be marked by forgiveness, love, and freedom instead of bitterness.

So, if abuse is a part of your story, I am incredibly sorry. It grieves me and grieves the heart of God. But your abuse does not have to be the definitive mark on your life. We serve a God who sees you, loves you, and longs to restore the shattered pieces of your heart and make them whole. Forgiveness is a difficult journey, but it is worthwhile—and it brings healing.

