



SPRING CLEANING FOR THE SOUL

Sermon Based Questions

“Spring Cleaning for the Soul” – Todd Cook

May 18, 2025

This week’s message, *“Spring Cleaning for the Soul,”* challenged us to recognize and release the emotional clutter that builds up over time—especially unforgiveness. We were reminded that letting go of bitterness isn’t easy, but it’s essential if we want to run the race God has set before us. Let’s begin the hard but freeing work of forgiveness.

Share

1. What’s the most ridiculous thing you’ve ever found during a spring cleanup?
2. Is there a space in your home that tends to collect clutter? Why does it keep piling up?
3. What do you find easier: cleaning out a garage or talking about emotions? Why?

Discuss

4. Read *Hebrews 12:1-2*. What does it mean to “lay aside every weight and sin”? How does unforgiveness weigh us down in our spiritual race?
5. Read *Ephesians 4:26–27, 31–32*. What do these verses teach us about handling anger and forgiveness? Why do you think Paul connects unresolved anger with giving “opportunity to the devil”?
6. Looking at *Genesis 50:15–21*, how does Joseph’s response to his brothers reflect a heart that has forgiven? What stands out most to you about his words?

Reflect

7. Todd said some hurts are “front yard” and some are “backyard”—which do you find harder to deal with and why?
8. What keeps people from forgiving? Is it always about the other person, or can it be something inside us too?
9. Which step in the “Path to Forgiveness” feels most difficult for you: *Acknowledging the pain, laying down the gavel, allowing God to reframe the pain, choosing grace over grudges, or blessing instead of cursing?* Why?

Apply

10. Who do I need to forgive?
11. What offense do I need to release today?