

# FORGIVE One Another

*Ephesians 4:30-32*

**<sup>30</sup> And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.**

Grieving the Holy Spirit means to cause him sorrow by one's \_\_\_\_\_. Paul seems to be indicating that poor treatment of others can \_\_\_\_\_ the \_\_\_\_\_ of the \_\_\_\_\_—essentially denying or resisting God's indwelling presence.

**<sup>31</sup> Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.**

Bitterness comes from a heart that is \_\_\_\_\_ before God. It is a primary characteristic of an \_\_\_\_\_ (Rom. 3:10-14); and it causes \_\_\_\_\_ and \_\_\_\_\_ (Heb. 12:15).

Bitterness in the heart makes us treat others the way \_\_\_\_\_ treats them, when we should treat others the way \_\_\_\_\_ has treated us.

**<sup>32</sup> Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.**

<sup>1</sup>*Crossway Bibles. (2008). The ESV Study Bible (p. 2270). Wheaton, IL: Crossway Bibles.*

An unforgiving spirit is the \_\_\_\_\_, and before long it becomes the Christian's \_\_\_\_\_.

The Greek word used in this passage is charizomai, implies not only forgiving, but doing so with a \_\_\_\_\_ attitude.

## What does it mean to practice forgiving one another?

It is not waiting for the \_\_\_\_\_ to \_\_\_\_\_ and then forgiving that person. It requires us to initiate the action.

It is not merely \_\_\_\_\_. God doesn't do that and does not ask us to.

It is not based on \_\_\_\_\_, it is based on a \_\_\_\_\_.

Forgiveness is a promise not to bring a matter up again:

- a. To the \_\_\_\_\_.
- b. To \_\_\_\_\_.
- c. To \_\_\_\_\_.

It means not \_\_\_\_\_ about it and not \_\_\_\_\_ about it.

Forgiveness is \_\_\_\_\_ of an offense \_\_\_\_\_ and choosing not to \_\_\_\_\_ it.

**Next Steps:** If you'd like to talk more about what it means to practice forgiveness, or how you can experience God's forgiveness, email me at [Frank.Lewis@Nashvillefirst.org](mailto:Frank.Lewis@Nashvillefirst.org) or let me know today how we can best connect.

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