

FORGIVE One Another

Ephesians 4:30-32

³⁰ 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.

³¹ 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.

³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

¹*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:

- To the _____.
- To _____.
- 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 or let me know today how we can best connect.

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