

SUPPLEMENTAL LESSON 6: FORGIVENESS

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. - Ephesians 4:31-32

When we are sinned against, we tend to either _____ or _____ our anger.
(Ephesians 4:31)

- Anger, when stuffed, leads to resentment and bitterness.
- Anger, when unleashed, leads to clamor, slander, fits of rage, etc.

Both responses inevitably damage and ultimately destroy both you and your marriage.

*“Resentment is like eating poison and hoping someone else will die.”
- Augustine*

How do you tend to respond to being sinned against?

God’s clear prescription for us is to _____.
(Ephesians 4:32; Matthew 6:12-15; 18:21-35; Luke 6:37; 17:3-4; Colossians 3:12-13)

for-give-ness – releasing another from the penalty of sin so the relationship can be restored

FORGIVENESS IS ...

1. canceling a debt owed to you.
2. both a one-time event and an ongoing process.
3. removing the control the wrongdoer has over you.
4. wanting good for the wrongdoer and seeking reconciliation when possible.

Four Promises of Forgiveness

1. I will not dwell on this incident.
2. I will not bring this incident up and use it against you.
3. I will not talk to others about this incident.
4. I will not allow this incident to stand between us or hinder our personal relationship.

The Peacemaker: A Biblical Guide to Resolving Personal Conflict by Ken Sande.

When we forgive, God turns the _____ in our marriages into _____.