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Ephesians 4:32 (NIV)

32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

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Theme

Because God has forgiven us, we can forgive others & experience His peace, freedom & healing.

Christian forgiveness is releasing my right to get even & trusting God with the outcome.

19 Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. (Romans 12:19 NIV)

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God Forgives Us

- God removes our sins completely.

12 as far as the east is from the west, so far has he removed our transgressions from us. (Psalm 103:12 NIV)

- God delights in showing mercy.

18 Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy. (Micah 7:18 NIV)

6

God Forgives Us

- God forgives & cleanses us when we confess.

9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:9 NIV)

- God makes us clean through His grace.

18 "Come now, let us settle the matter," says the Lord. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool." (Isaiah 1:18 NIV)

7

God Forgives Us

- Those who trust Jesus are no longer condemned.

8 Therefore, there is now no condemnation for those who are in Christ Jesus, (Romans 8:1 NIV)

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Discussion Questions

- What does God's forgiveness mean to you at this stage of life?
- How has God's mercy helped you move beyond past mistakes?
- Why is it sometimes difficult to accept God's complete forgiveness?

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Forgive Others

- Jesus teaches us to forgive others.

14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you. (Matthew 6:14 NIV)

- Forgiveness prepares our hearts for prayer.

25 And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins." (Mark 11:25 NIV)

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Forgive Others

- We are called to forgive repeatedly.

3 So watch yourselves. "If your brother or sister sins against you, rebuke them; and if they repent, forgive them. 4 Even if they sin against you seven times in a day and seven times come back to you saying 'I repent,' you must forgive them." (Luke 17:3-4 NIV)

12

Forgive Others

- We forgive because God first forgave us.

13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. (Colossians 3:13 NIV)

- We choose not to repay evil for evil.

17 Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. (Romans 12:17 NIV)

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Discussion Questions

- What makes forgiveness especially challenging as we grow older?
- How can forgiveness bring peace to long-standing relationships?
- Is there someone from your past whom God may be asking you to forgive?

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Find Healing

- Forgiveness strengthens love & unity.

9 Whoever would foster love covers over an offense, but whoever repeats the matter separates close friends. (Proverbs 17:9 NIV)

- Confession & prayer promote healing.

16 Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. (James 5:16 NIV)

16

Find Healing

- Bitterness harms the heart & spirit.

15 See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many. (Hebrews 12:15 NIV)

- Forgiveness should become a way of life.

21 Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" 22 Jesus answered, "I tell you, not seven times, but seventy-seven times.(Matt. 18:21-22 NIV)

17

Find Healing

- Jesus calls us to accept others as He accepted us.

7 Accept one another, then, just as Christ accepted you, in order to bring praise to God. (Romans 15:7 NIV)

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Discussion Questions

- How have you experienced healing through forgiving someone?
- What happens to a person who holds on to bitterness?
- What practical steps can help us practice forgiveness every day?

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Forgiveness Summary

- Is letting go of a wrong because God has forgiven us.
- Means choosing mercy instead of revenge.
- Frees the heart from bitterness.
- Reflects the love and character of Jesus.
- Is an act of obedience to God.
- Is a gift we give even when it is difficult.
- Helps restore peace in relationships.
- Brings healing to the soul and honors Christ

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Practical Applications

- Keep a Forgiveness Journal and write down hurts you need to release.
- Pray a Daily Release Prayer for people who have hurt you.
- Practice Gentle Speech when discussing past conflicts.
- Take one small Reconciliation Step where appropriate.
- Meditate on a forgiveness passage each day.
- Develop a Gratitude Habit by thanking God for His forgiveness.

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Examples of Forgiveness

- Forgiving an adult child who rarely calls or visits.
- Forgiving a spouse for past words or actions that caused hurt years ago.
- Forgiving a brother or sister over a family disagreement or inheritance dispute.
- Forgiving a longtime friend who ended a friendship or caused disappointment.

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Examples of Forgiveness

- Forgiving a former employer, coworker, or church leader who treated you unfairly.
- Forgiving yourself for mistakes made while raising children.
- Forgiving yourself for poor decisions or regrets from earlier in life.
- Forgiving a family member who has failed to keep promises.

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Examples of Forgiveness

- Forgiving someone who has spoken negatively about you or misunderstood your intentions.
- Forgiving a caregiver, healthcare worker, or family member for an unkind remark made during a stressful moment.
- Forgiving someone who never apologized or admitted their wrongdoing.
- Letting go of resentment toward people who have moved on while you continue to carry the hurt.

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