



May 15, 2016
Celebration · 9:00 am
Pastor David Mitchell

The Journey to Forgiving Others Ephesians 4:30-32

Do not grieve the Holy Spirit because He has secured our new life and salvation.

“Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.” (v.30)

- 1 Thessalonians 5:19; Revelation 7:3-4
- Grieve = to cause Him pain from our sins
- How we might grieve Him? See Ephesians 4:15-29, 31

Put away attitudes which tear down relationships.

“Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice” (v.31)

“Put away:”

- Bitterness (Ruth 1:19-22; Hebrews 12:15)
- Wrath
- Anger
- Clamor (Acts 23:9)
- Slander
- Malice

Understand and then live a life of forgiveness for others just as Jesus has forgiven you.

“Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.” (v.32)

- Be kind (1 Peter 2:1-3; Romans 2:4; Matthew 11:28-30)
- Tenderhearted (1 Peter 3:8)
- Forgive “*charisomai*”

What forgiveness is not:

- It is not forgetting.
- It is not saying “that’s ok.”
- It is not a feeling.
- It is not removing the sin from the other person.

What forgiveness is:

- It is being gracious and kind.
- It is not expecting a debt to be paid.
- It is freedom from revenge.

Is there someone you need to offer this forgiveness to? Will you prayerfully respond today?

Digging Deeper:

Forgiving a person that has hurt or wounded you can be one of the most difficult acts to accomplish. And, often people do not know if they have really forgiven another person because they still feel wounded, upset or resentful at the person they need to forgive.

LifeGroup Discussion:

The following scriptures and questions can help guide you into true forgiveness.

Be Kind

Ephesians 4:32 commands us to replace the sins of vs. 31, with three Christ-like qualities. The first is to “be kind to one another.” Kindness is being good, virtuous, mild or pleasant. The opposite of kindness is hard, harsh, sharp or bitter.

- Which best describes your attitude toward others?
- Would your best friend agree with that assessment? Have you asked them lately?
- According to Romans 2:4, what does kindness lead to?

Be tenderhearted

A second Christ-like quality is to be “tenderhearted.” The word is used only twice in the Bible: here and I Peter 3:8.

- The area the Lord is most concerned about is our heart. What does Proverbs 4:23 say about our heart?
- According to Philemon 7, 12, 20 how can you keep your heart refreshed?
- Do you have someone in your life to help with that?
- What is the danger to our heart in I John 3:17-18? What do those verses tell us to do to reflect an open heart? What does that kind of heart reveal about our true relationship with God? How well do you reflect that kind of heart toward other people? Is the Lord speaking to you about helping another person, serving in a new area or reaching out to a neighbor or person at work which can reflect that heart of love?

Be forgiving

The last quality of Christ is forgiving others as Christ forgave us.

- Is there anybody in your life right now that you refuse to forgive?
- Remember the word for forgiveness is *charizomai* (where we get the English word charismatic) which means to act gracious, kind, and giving toward them. The root word is *charis* which means grace. This is far different than excusing the sin or forgetting the wrong done. So, is that the forgiveness you are offering to any who have hurt you? What are the three steps of forgiveness in II Corinthians 2:6-8?
- What warning does Christ make to those who will not forgive someone in Matthew 18:21-35? Does that warning apply to you?

In helping others, reflect on this quote by Christine Caine to understand the need and support required:

- Hurt people hurt people, but helped people help people.
- Broken people break people, but rebuilt people build people.
- Shattered people shatter people, but whole people restore people.
- Damaged people damage people, but loved people love people.
- Wounded people wound people, but healed people bind up wounds.
- Bound people bind people, but freed people lead others to freedom.

Christine Caine is a best-selling author, global evangelist, and anti-human trafficking activist.

Next Steps:

1. **Join a LifeGroup to find a loving community that can support you no matter your circumstances.** LifeGroups are ongoing small group communities that gather together throughout the week to CONNECT in a smaller setting, GROW together in our faith, and REACH out together to our community. They meet both on Sundays here on campus and in people's homes. For more info, visit calvarylife.org/lifegroups
2. **Attend the Wednesday night series, “Great Authors of the Faith”** on Wednesday nights in May from 7:00-8:30 pm in Samsvick Chapel. We will be studying the life and works of the great writers like A.W. Tozer, Brennan Manning and Tim Keller. Each night, a different Calvary Pastor will share how that night's writer has impacted their lives. Come grow in your faith as we learn from these great authors together. Find out more at calvarylife.org
3. **Take a night out as a couple and attend “We Choose Love” Dessert + Date Night at the brand new Ritz Ballroom at the Yost Theatre in Santa Ana.** Join us on Tuesday, May 24, at 7pm as we partner with Tyrone and Elina Wells and our friends from Marriage365 for a night out to grow closer together in our relationships. Register online at wechoose.love



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