

# FORGIVENESS

*Let*

ALL BITTERNESS  
AND WRATH  
AND ANGER  
AND CLAMOR  
AND SLANDER

*be put away from you,  
along with  
ALL MALICE.*

*Be*

KIND TO ONE ANOTHER,  
TENDERHEARTED,  
FORGIVING ONE ANOTHER,

*as God in Christ  
forgave you.*

**EPHESIANS 4:31-34** *ESV*

## Questions

Who was the last person to make you upset?  
Did you forgive them? Was it hard?

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Why does Christ call us to forgive?

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What if that person hurts your feelings again? What do you do?

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Who have you hurt recently?  
Have you asked for forgiveness from that person?

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When have you had to ask for forgiveness before? How did that go?  
Was it hard to ask for forgiveness?

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The world says that time heals all wounds. Do you think that's true?  
Why or why not?



## Scriptures

*He does not deal with us according to our sins,  
nor repay us according to our iniquities.*

<sup>11</sup>*For as high as the heavens are above the earth,  
so great is his steadfast love toward those who fear him;*

<sup>12</sup>*as far as the east is from the west,  
so far does he remove our transgressions from us.*

**PSALM 103:10-12 ESV**

Spend some time reading and discussing  
The Parable of the Unforgiving Servant together.

**MATTHEW 18:21-35 ESV**