

## The Truth About Forgiveness

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*In Ephesians 4:31-32 we are told "Get rid of all bitterness and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave us."*

## SUMMARY:

Adapted from The Bondage Breaker by Neil T. Anderson

- Forgiveness does not mean forgetting
- Forgiveness is a choice, a decision of your will
- Forgiveness sets us free
- Forgiveness is agreeing to live with the consequences of someone else's sin
- Do not wait for someone else to ask you first – forgive now
- Forgive from your heart
- Forgiveness means choosing not to hold someone else's sin against them any more
- Do not wait till you feel like forgiving... it's never going to happen

## NOTES:

## DISCUSSION POINTS:

### Discussion

- Have you ever been wronged and bitterness sets in? Share
- Do you know any person that has been stuck in bitterness? How do they behave?
- Do you think they are aware of their own feelings?
- How do they behave when they forgive?

As a group pray for one another about what has been shared at your table.

## APPLICATION:

Think of a person who wronged you and offer your forgiveness in prayer.

Search your own heart for bitterness and forgive yourself. What next step do you need to take for healing?

## ON YOUR OWN...

### Scriptures to reflect upon:

Psalm 1:1-3    Ecclesiastes 4:31-32    Ephesians 4:31-32  
Proverbs 27:17    Proverbs 14:10    Proverbs 28:9  
Galatians 5:19-22

### Books to consider:

Purpose Driven Life by Rick Warren  
Case for Christ & Case for Faith by Lee Strobel  
If you want to walk on water by John Ortberg  
The Bondage Breaker by Neil T. Anderson