



Session 6- Forgiveness Over Resentment

Colossians 3:5-13; Ephesians 4:25-32

3/31/2019

MAIN POINT: If we ever want to live light, we must choose to offer that same kind of forgiveness to others.

INTRODUCTION

Share a story about a time when you held a grudge that now seems silly. Why did you feel like your grudge was appropriate at the time?

Brainstorm a list of some of the reasons why it is so hard to forgive people. Which of the things on the list seem like excuses to avoid practicing forgiveness?

UNDERSTANDING

Colossians 3:5-13.

What are the things in verses 5-9 the list of things that we are to “put off”? What are the things in verses 10-13 the things that we are to “put on”? Why do we hold on to things we are to put off versus living the new life for Christ?

What stands out to you about the phrases Paul used to describe relationships in Colossians 3:13?

What do you understand “accepting one another” to mean, and how is it connected to forgiveness? Why is accepting someone else, despite their behavior, an essential element of forgiveness?

How does Paul’s call to forgiveness in this verse help you understand why this is an important trait for Christians to model?

Paul’s words to us here come in the form of a command. Why do we treat forgiveness as something we have the choice to do or not do? Do Christians really have that choice? Explain.

What are we to do if we have a complaint with someone else? How does that stand in contrast to the way you typically respond if you have a complaint against someone?

Ephesians 4:25-29.

Take each principle in verses 25-28 one at a time (or choose a few to focus on) and discuss: (1) What we are to put off; (2) what we are to put on; (3) the reason we are to put on that quality. When might we be tempted to exhibit one of these negative qualities? How can we demonstrate the positive instead?

What does it look like to put off falsehood?

Read verse 29 again. When might we be tempted to exhibit negative or corrupting talk? How can we demonstrate affirming speech instead?

How might others lead us to this corrupting talk without us even realizing it? What are some practical ways we can use our words to build others up? How does positive speech give grace to those who hear?

Ephesians 4:30-32.

How do our relationships with others reflect a different way of life from the rest of the world? Give specific examples of actions in those relationships that grieve and please God.

According to Ephesians 4:31, what are the wicked ways that grieve Him? What are believers to do with those sinful attitudes and actions?

Discuss what Paul might mean by the terms kind, tenderhearted, and forgiving in verse 32. How are each of these terms a reflection of God's love for us?

What are the positive and/or negative motivations that prompt us to walk or live a Christian life? According to verse 32, what should be the primary motivation?

APPLICATION

How does today's text affect the way you view yourself? Others? In light of that different view and God's calling, how will your actions toward people change? What is a baggage you are carrying in your life that you need to be set free from?

What are some practical ways we can remember God's great gift of forgiveness daily? How might those daily reminders re-frame our attitudes, words, and actions toward people who may be hard to forgive?

As a group and a church, how can we demonstrate together a true passion for God and a passion for others through the ways we love and forgive people?