May 28, 2023

## Worship

Hosanna (Praise is Rising) Your Grace is Enough I Give You My Heart Great Are You Lord

## Open

To err is human; to forgive, divine. – Alexander Pope

What can you comment about that quote?

### Review

<sup>30</sup> And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. <sup>31</sup> Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. <sup>32</sup> Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you. Therefore be imitators of God, as beloved children. <sup>2</sup> And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

Ephesians 4:30-5:2 (ESV)

#### NOTES:

Forgivess...

- Is not...
  - Excusing what someone had done to you.
  - Pretending you were not hurt.
  - Something you feel first before doing.
- Is intentional.
- Is acknowledging the offense and deciding to let go.

Forgiveness is important!

- Mayo Clinic: Forgiveness can make way for improved health and peace of mind.
- Jesus stresses its importance (Matthew 6:12; Matthew 18: 21, 22)
- Early church: Forgiveness is vital to Christianity (Apostle's Creed, Nicene Creed)

### Dig

Read through Ephesians 4:30 – 5:2 again.

# TALK IT THROUGH / REFLECT:

- What, if any, in this passage did you find out about:
  - Sins to avoid?
  - Promises to claim?
  - Examples to follow?
  - Commands to obey?
  - Teaching on God, Jesus Christ, or the Holy Spirit?
- Is there any verse in this passage that caught your attention? In what way?

### WRITE IT DOWN!

Write what impressed you in a journal and put it into action.

### SHARE IT!

Who will you share these truths to this week?

#### PRAY FOR IT!

Pray and give thanks to the Lord for today's passage. Ask the Lord to help you share these truths to others. May 28, 2023

# TO FORGIVE IS DIVINE. NOT TO FORGIVE IS DISASTROUS!

Not forgiving is disastrous because...

- When we don't forgive, we are grieving the Holy Spirit (Ephesians 4:30)
  - Grieve: In the original Greek, it means to cause deep emotional sorrow or pain.
  - When we grieve the Holy Spirit, He cannot work in our lives.
- When we don't forgive, we let a different (unforgiving) spirit run our lives! (Ephesians 4:31)
  - ➤ Bitterness, wrath, anger, clamor, slander, malice all results of an unforgiving spirit.
  - When we don't forgive, we give an opportunity for the devil (Ephesians 4:27)

Forgiving is divine because...

- When we forgive, we show that God has forgiven us (Ephesians 4:32; Colossians 3:13; Matthew 18:23-35)
  - When we practice forgiveness, we show that we value God's forgiveness and Christ's sacrifice in our lives.
- When we forgive, we show that we are children of God and walking in Christ's love (Ephesians 5:1, 2)
  - > By our actions, we are making a statement.



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How to use the WORD Study Format

The WORD Study Format was designed to help you and your Bible Study / Discipleship Groups dig deeper and apply the truths from our Sunday sermons / teachings into our lives. To use this, follow these 5 steps:

- Begin with WORSHIP: Begin by taking time to give thanks and worship God. You can opt to sing as you begin your time
  with God. Below the WORSHIP section are songs you can sing or play on YouTube, Spotify, etc. You can however
  worship on your own.
- 2. OPEN with a prayer. If you're in a group, you can use the "ice breaker" question in the section to begin your study.
- 3. <u>REVIEW</u> the topic. Go through the Bible passage and notes by yourself and with your group. You can opt to look at the teaching for which this study was based on our Facebook live page.
- 4. <u>D</u>IG into the passage. Look at the passages or verses which speak to you. If you're with a group, use the TALK IT THROUGH questions with them.
- 5. Finally, put what you've learned into ACTION. Write what you've learned in a journal. Share it with others. Pray to apply what you've learned in your life.