



SESSION 7: FORGIVE ONE ANOTHER



IN THIS SESSION

God's forgiveness is the heart behind the ability to forgive others. We discuss how God also uses forgiveness to bring freedom to relationships.



KEY PASSAGES:

- **Colossians 3:12-14** ¹² Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³ Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ¹⁴ And over all these virtues put on love, which binds them all together in perfect unity.
- **John 20:21-23** ²¹ Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." ²² And with that he breathed on them and said, "Receive the Holy Spirit. ²³ If you forgive the sins of anyone, their sins are forgiven; if you do not forgive them, they are not forgiven."
- **Ephesians 4:32** ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.



DISCUSS

- Are there specific people in your life from which you have been withholding forgiveness? Take some time to examine your heart in this area and share your responses/struggles with a disciple. It may be helpful to make a list of such names privately or with your trusted and mature spiritual leader so you can begin the exercise of walking toward forgiveness.
- Read **Philippians 2:1-11**. Is humility necessary in the act of forgiveness? How might the exercise of forgiveness toward other believers tie into the development of Christ-like humility in your own life?
- Whether we like it or not, our emotions play an incalculable role in driving us toward resentment and bitterness rather than true biblical, God-honoring forgiveness. You're encouraged to be transparent about these attitudes/emotions in the context of a trusted disciple-making relationship.
- In the Sermon on the Mount, Jesus declares that the Father will not forgive the sins of those who fail to exercise forgiveness in their experiences with others. Spend some time processing through this teaching in Matthew 6:14-15. How, if at all, is this compatible with the idea that forgiveness itself is an act of God's kindness and mercy?



PRAY

Seriously ask the Father to work in you to make you more Christ-like in the area of forgiving others. As you do, you're encouraged to take the list of names you may have jotted down in the first discussion question and make a declaration of forgiveness before God, asking Him then to help you live this out in a way that honors Him.