

One Another: Forgive

Trusting God And Letting Go of Resentment

By Tim LaTour, May 22, 2022

I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace.

Ephesians 4:1-3

Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. But that is not the way you learned Christ! — assuming that you have heard about Him and were taught in Him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.

Therefore, having put away falsehood, let each one of you speak the truth with his neighbour, for we are members one of another. Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil... Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamour 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 4:17-32

One Another: Forgive

Forgiveness should be automatic and premeditated .

Forgiveness is not a feeling .

Forgiveness is not forgetting .

Forgiveness is not excusing the wrongdoer .

Forgiveness is not a one-time thing .

Forgiveness is not reconciliation .

Forgiveness frees the forgiver.

We can forgive one another by:

- Living according to our calling
- Empathising with one another
- Remembering our own forgiveness

We freely forgive because we've been radically forgiven.

REFLECTION QUESTIONS

1. What makes it hard for you to forgive? Are you withholding forgiveness from someone right now?
2. What are some ways for you to release resentment and freely forgive others?