

# Study 3: Forgiveness

*The church is populated with people who sin. Normally, when someone sins against us they hurt us. We often react in one of two ways: We either “blow up” or “clam up.” Neither of these responses is biblically appropriate. If we are going to live in harmony with others in God’s kingdom we need to learn how to forgive.*

Read Ephesians 4:26-32.

1. Is rage sinful? In Ephesians 4:31, which sinful responses listed could be considered “blowing up”?
2. Which of these responses would be “clamming up”?
3. What is the proper response to being hurt?
4. How long do we have to get rid of our anger?

Sometimes when we are sinned against we find it very difficult to forgive.

Also read Matthew 7:1-5 and 18:15-34.

1. When we see someone sin, what should we do about it? Why?
2. Suppose they don’t listen? What should we do then?
3. Who should the confrontation benefit?
4. What should our attitude be?
5. What does it mean to forgive? (Matthew 18:27, 30)
6. Why should we forgive?
7. Should we forgive even if the offender refuses to repent?
8. What are the consequences of not forgiving? (Matthew 6:12-15)

## Conclusion

Write in a journal the Scriptures about forgiveness and ask God to help you forgive just as He has forgiven you. If there is a person that you need to forgive or ask forgiveness, ask God to help you.

Note: Be careful to apply what has been taught in this Bible study.