

Forgiveness that Restores the Body - Ephesians 4:31-32



Introduction

Words: bitterness, forgiveness, gospel, grieve, hearts, responding

It does not take much to expose what is going on in our _____.

If we hold onto hurt, resentment can slowly become _____.

The way we treat one another can _____ the Holy Spirit.

Paul shows us two very different ways of _____ when we have been wronged:

the bitterness we must put off and the _____ we must put on.

Then he takes us to the only place where that forgiveness is truly possible - the _____.

1) Vs 31 The Heart We Must Put Off

Words: bitterness, blaspheming, breaks, carry, Christ, condition, harm, inside, ill will, loud, outburst, remove, resentment, reputation, self, testimony

In this one verse Paul lists six vices which he says we need to put away.

- Bitterness is inward _____ or hate: something has happened to me and I do not want to let go of it.
- Wrath is a passionate _____ or intense anger - a temper tantrum.
- Anger is a settled _____ of anger,
- Clamour is a _____ scream or shout.
- Slander seeks to harm someone's _____.
- Malice is the broadest and darkest of them all: _____, the intent to do _____.

At the heart of all these is _____. This is where it starts in the church (Hebrews 12:15).

If we hold onto a grievance, we will start to destroy the church from the _____.

Bitterness is focused on _____, seeks revenge, _____ fellowship, and destroys relationships.

When we act out our bitterness, we destroy the _____ of the church.

We are _____ God because we are His representatives on earth.

To 'put away' means to _____ off, take away, or _____ these things.

Who removes and takes away our sins? _____. Here we have a dual working (Philippians 2:12-13).

2) Vs 32a The Heart We Must Put On

Words: antidote, compassion, Father, graciously, kind, learn, sin

Here we find the _____ for bitterness - forgiveness.

Paul tells us to become _____. This is something we must _____ to do and put into practice.

Our _____ is kind (Luke 6:35; Romans 2:4).

'Tender-hearted' means _____. Sympathize with the distresses of our brethren as if they were our own.

'Forgiving' is not removing _____, but treating the offending person _____ and not holding it against them.

3) Vs 32b The Gospel That Makes It Possible

Words: blood, Christ, compassion, cross, died, display, Father, forgiven, gospel, live out, Lord, not, own, sinful

Paul understands that it is impossible for us to do this on our _____.

We need the _____ - look to the _____ and the Son.

If we keep our eyes on the _____, we see how much Christ paid for our sins.

We see how _____ we are and the forgiveness we received because of their kindness and _____ for us.

We are forgiven because _____ has washed us in His _____ (1 John 1:7).

When we see how much we have been _____,

how can we _____ forgive the comparatively insignificant sin against us?

We bring our concerns, hurts, and injustices to the _____ and ask Him for strength to forgive our brother

because Christ _____ for him.

When we forgive those who sin against us, we _____ the gospel and _____ the love of Christ.