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## Forgiving One Another

### **Introduction: Why are we this way?**

(prone to bitterness & slow to forgive)

- Our fallen-sin nature: (Ro 7)  
we have a self-consumed, evil nature
- Our evil world: (Ro 12:17ff; Heb 12:15)  
we've been sinned against and bitterness is contagious
- Our wicked enemy: (Eph 4:26f)  
bitterness is one of Satan's most effective weapons

### **1. Put off the Old Self (v31)**

(definitions by Peter T. O'Brien, Ephesians, PNTC)

- Bitterness: a state of sharp, intense, resentment or hate
- Wrath: indignant outburst of rage
- Anger: steady festering, seething anger
- Clamor: shouting back & forth in a quarrel
- Slander: abusive speech; vilifying by lies or gossip
- Malice: attitude of wickedness, ill-will

### **2. Put on the New Self (v32)**

(definitions by Peter T. O'Brien, Ephesians, PNTC)

- be Kind to one another:  
as our heavenly Father is kind to sinners & His people
- be Tenderhearted: sympathetic to one another's needs
- Forgive one another: a rich, gracious & unceasing forgiveness

### **3. Some Principles of Forgiveness**

- Christ loved us & gave Himself up for us: (Eph 5:1-2)  
be inspired by His love & glory (see also Eph 1 – 3)
- Forgive thru a Spirit-empowered choice: (1Jn 2:4-5; 4:12)  
our hearts change as we obey
- Forgive by faith: trusting God to heal, protect & sustain us (Mt 5:1ff)
- Experience the joy & freedom of forgiveness: (Ro 6:16)  
rather than the bondage of bitterness or other people's actions
- See & long for the glorious fruit of Christ's love: (Jn 17:20ff)  
forgiveness flows, the church is united, & the gospel spreads