

How To Build Better Relationships

“The building block of forgiveness”

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Part 1



Matt. 18:21-22 “Then Peter came to him and asked, “Lord, how often should I forgive someone who sins against me? Seven times? No, not seven times,” Jesus replied, “but seventy times seven!” (NLT)

Eph. 4:32 “Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.” (NLT)

1. Forgiveness is a requirement for _____

- Our own brokenness makes forgiveness a _____
Rom. 3:10 “As the Scriptures say, “No one is righteous—not even one.” (NLT)

Rom. 3:23 “For everyone has sinned; we all fall short of God’s glorious standard.” (NLT)

- Our own brokenness makes withholding forgiveness relational _____

Col. 3:13 “Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.” (NLT)

Rom. 6:23 “For the wages of sin is death...” (NLT)

Gal. 3:22 “But the Scriptures declare that we are all prisoners of sin, so we receive God’s promise of freedom only by believing in Jesus Christ.” (NLT)

2. Forgiveness is a requirement for _____

- Unforgiveness creates emotional _____

*Prov. 27:3 “A stone is heavy and sand is weighty, but the **resentment** caused by a fool is even heavier.” (NLT)*

- Unforgiveness distorts relational _____

3. Forgiveness is a requirement for spiritual _____

- Unforgiveness limits our experience with the _____
*Matt. 6:15 “But if you refuse to **forgive** others, your Father will not **forgive** your sins.” (NLT)*

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Eph. 4:32 “Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.” (NLT)

- Unforgiveness limits the _____ in your life

John 15:5 “Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.” (NLT)

4. Forgiveness requires us to make a choice

- Forgiveness is a choice not a _____

*Rom. 6:16 “Don’t you realize that you become the slave of whatever you **choose** to obey? You can be a slave to sin, which leads to death, or you can **choose** to obey God, which leads to righteous living.” (NLT)*

- Forgiveness is a faith process not a _____ issue

*II Cor. 5:10 “For we must all stand **before Christ** to be judged. We will each receive whatever we deserve for the good or evil we have done in this earthly body.” (NLT)*

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Discussion Questions:

1. Do you think forgiveness should be a relational requirement for imperfect people? Discuss what this means and how this plays out in relationships. What does Col. 3:13 mean?
2. How can unforgiveness and bitterness impact our emotional health?
3. How does unforgiveness create a barrier in our connection with God?
4. How do we make the choice to forgive and leave the fairness issues up to God?

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