



# NOTES . . .

**FORGIVENESS**  
is not easy **#1**  
because it's not natural.

**FORGIVENESS**  
In the **#2**  
horizontal   
can only be understood  
in the vertical 

**FORGIVENESS**  
is NOT . . . **#3**  
Forgetting  
Condoning  
Excusing  
Reconciling

**FORGIVENESS**  
is . . . **#4**  
The deliberate decision  
to let go of resentment  
and anger towards  
someone who has  
harmed you, leading to  
emotional and spiritual  
healing.

**FORGIVENESS**  
is **#5**  
obedience  
that comes  
with blessing.

**FORGIVENESS**  
Is Best **#6**  
Understood in  
the GREATER  
context of  
God's Sovereign  
Plan

**BIG IDEA . . .**  
Forgiven People Forgive People.

## Life Group Growth Guides



### PASSAGE FOR STUDY

Ephesians 4:32

### THIS WEEK'S TAKE HOME TRUTH

*Forgiving  
People  
Forgive  
People*

Be kind and  
compassionate  
to one  
another,  
forgiving  
each other,  
just as  
in Christ God  
forgave you.

Ephesians 4:32



Opener



First Look



Digging Deeper



Life Change

\*Three simple words, "I forgive him". How did those spoken words by Erika Kirk impact you? How do you think they impacted unbelievers listening? Why? Explain.

\*Read and contrast Colossians 3:13 with Ephesians 4:32. What do they have in common? Anything different? When we are tempted not to forgive, why for the believer is our "vertical" forgiveness so important to keep in mind? What type of "fruits" (good or bad) might we expect if we forgive or chose not to forgive?

\*Look at the 6 Principles from this AM . . . Which one stood out to you the most? Why? Explain.

\*Read Matthew 18:21-22 – Describe from your own lives how forgiveness is not a one-time act but an ongoing process. Describe why forgiving doesn't always mean forgetting.

\*Forgiveness means "letting go" of my right to hurt you for hurting me. Does forgiveness necessarily mean restoration is always possible or desirable? Share when it may not be. Share from this morning's sermon what forgiveness is and isn't? Why is the distinction important?

\*How can we forgive, yet not encourage irresponsibility? How can you forgive someone from the distant past who hurt you deeply? What is the connection between forgiveness, health and wholeness?

\*If you're comfortable, would anyone be willing to share a personal story about having to forgive someone or being forgiven by someone.\*

\*Prayer Time . . . As you pray for one another – read the two following quotes.

*\*Unforgiveness is like drinking rat poison and waiting for the rat to die.\**

*\*Forgiveness is unlocking the door to set someone free and realizing you were the prisoner.\**

\*Encourage one another towards the path of forgiveness and freedom.\*

September 28, 2025