WEEK 5

FORGIVE ONE ANOTHER



PRIMARY SCRIPTURES

Ephesians 4:32; Genesis 50:15–21

BIG TRUTH

Forgiven people learn to release relational debts while practicing truth, wisdom, and safety.

PREPARE: READ AND OBSERVE

Read Ephesians 4:32 and Genesis 50:15–21. Circle repeated words, underline commands, and note what the passages reveal about God, people, and relationships.

My first observations or questions:

KNOW: UNDERSTAND THE TRUTH

As you study these passages, consider how the forgiveness we have received through Christ shapes the way we forgive others. Pay attention to how biblical forgiveness makes room for truth, acknowledges pain, and reflects the grace God has shown us.

Remember the Gospel
Forgiveness means graciously releasing a debt. God does not overlook our sin; through Christ, He bears its cost. In the same way, we are called to extend to others the grace we have received.

Face the Wound
Joseph's tears remind us that forgiveness does not mean denying or minimizing our pain. Forgiveness involves honestly acknowledging the wrong, grieving what was lost, accepting that the offender may never be able to make things right, and entrusting our desire for vengeance to God.

Distinguish Forgiveness from Restoration
We can extend forgiveness to another person, but reconciliation requires repentance and a willingness from both people to work toward restoring the relationship. Even when reconciliation is possible, rebuilding trust takes time. Forgiveness does not remove the need for accountability, healthy boundaries, or safety. In some situations, professional help may also be necessary.

Doctrine: What We Believe
At the cross, God remains just while justifying sinners who trust in Christ (Romans 3:23–26). Forgiveness is costly grace. As believers, we release personal vengeance because judgment belongs to God, and our own debt has been canceled in Christ.

Supplemental Passages: Matthew 6:12–15 • Matthew 18:21–35 • Romans 12:17–21 • Colossians 3:12–13 • 1 Peter 2:21–24

KNOW QUESTIONS

1. According to Ephesians 4:32, why should we forgive one another, and what example are we called to follow?

2. What evidence of grief, mercy, and wisdom do you see in Genesis 50?

3. How do forgiveness, trust, reconciliation, and restoration differ?

FOLLOW: PRACTICE THE WAY OF JESUS

Move from what the text means to what faithful obedience looks like in your actual relationships. Choose at least two questions to answer fully before the group meets.

1. What past hurt do you still hold against someone? What makes it difficult to release the hurt to God?

2. Which part of forgiveness is hardest for you: naming the wrong, grieving the loss, absorbing the cost, or releasing the desire for vengeance?

3. Do you need to establish a boundary, have a conversation, seek counsel, or allow more time before pursuing reconciliation?

4. Do you struggle to accept God's forgiveness for something in your past? How has that affected the way you see yourself?

FOLLOW: PRACTICE THE WAY OF JESUS

This Week's Practice
Write an unsent prayer-letter naming the wrong and its cost. Ask God for grace to release vengeance.

If abuse, danger, or serious trauma is involved, seek help from a trusted elder, counselor, or appropriate authority before taking relational action.

My specific person, action, and time:

REFLECT: ATTEND TO THE HEART

Take time to examine your heart in light of what you've learned. Consider what the Holy Spirit is revealing about your attitudes, fears, and relationships as He forms you to reflect Christ.

1. What false idea about forgiveness has harmed or stalled you?

2. How might releasing vengeance free you to heal?

3. What would it mean to entrust justice to God without calling evil good?

RESPOND AND PRAY

Father, help me face what happened truthfully and extend the costly grace I have received in Christ.

One truth I want to remember:

One step I will practice:

People and needs we will pray for: