

Walk With Scripture - Scripture Lesson

Title: *The Power of Forgiveness Healing Through Christ*

Focus Scripture:

- **Ephesians 4:32**
 - **ESV:** "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."
 - **NIV:** "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."
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Lesson Outline:

Opening Prayer (5 minutes):

"Father God, we come before You, grateful for Your forgiveness and mercy toward us. Help us to open our hearts to Your Word today as we seek to understand the power of forgiveness. Teach us to forgive others as You have forgiven us, and heal any wounds that unforgiveness may have caused in our lives. We invite Your Spirit to guide our time together. In Jesus' name, Amen."

Introduction to Topic (5-10 minutes):

Topic: *The Power of Forgiveness: Healing Through Christ*

Introduction: Forgiveness is central to the Christian faith. Jesus' sacrifice on the cross grants us the ultimate example of forgiveness. Yet, in our daily lives, forgiving others can be a difficult challenge. Unforgiveness often leads to bitterness, broken relationships, and emotional pain. Through Christ, we are called to forgive as we have been forgiven. This lesson will explore the power of forgiveness and how it brings healing to our hearts, relationships, and spirits.

Bible Verses for Discussion (20 minutes):

1. **Matthew 6:14-15**

- **ESV:** "For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses."
- **NIV:** "For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins."

2. **Colossians 3:13**

- **ESV:** "Bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive."
- **NIV:** "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

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3. Matthew 18:21-22

- **ESV:** "Then Peter came up and said to him, 'Lord, how often will my brother sin against me, and I forgive him? As many as seven times?' Jesus said to him, 'I do not say to you seven times, but seventy-seven times.'"
- **NIV:** "Then Peter came to Jesus and asked, 'Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?' Jesus answered, 'I tell you, not seven times, but seventy-seven times.'"

4. Psalm 103:12

- **ESV:** "As far as the east is from the west, so far does he remove our transgressions from us."
- **NIV:** "As far as the east is from the west, so far has he removed our transgressions from us."

Discussion Questions (15-20 minutes):

1. What is the most difficult part of forgiveness for you? How does reflecting on God's forgiveness toward you help you overcome those struggles?
2. Have you experienced healing or restoration in a relationship through forgiveness? How did that affect your walk with God and others?
3. Why do you think Jesus emphasized the importance of forgiving others so strongly in His teachings?

Life Application (10 minutes):

Forgiveness is often a process rather than a single moment. This week, reflect on anyone in your life that you may need to forgive or any bitterness you may still hold. Pray for God to help you release that burden, remembering how He has forgiven you. If appropriate, reach out to the person and seek reconciliation. Even if the person is no longer in your life, take the step of forgiving them in your heart, trusting that God will bring healing.

Reflection and Encouragement (5-10 minutes):

Forgiveness frees us from the chains of bitterness and resentment, opening the door to healing and peace. Just as God has extended forgiveness to us, He calls us to do the same for others. When we forgive, we not only reflect Christ's love but also experience freedom and restoration in our own lives. Be encouraged that, through Christ, you have the power to forgive and be forgiven. His grace is sufficient for every hurt and every wound.

Closing Verse:

- **Luke 6:37**
 - **ESV:** "Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven."

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- **NIV:** "Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven."

Closing Prayer (5 minutes):

"Lord, we thank You for the gift of forgiveness and for showing us the ultimate example of it through Jesus Christ. Help us to forgive those who have hurt us, just as You have forgiven us. We ask for healing in any areas of our lives where unforgiveness may be hindering our growth and peace. Empower us to walk in love and grace as we go into the week ahead. In Jesus' name, Amen."

Takeaway Challenge:

This week, identify one person or situation where forgiveness is needed in your life. Spend time in prayer, asking God for the strength to forgive. Take the step to forgive that person in your heart, and if possible, let them know that you have forgiven them.

Online Bible Resources:

- Logos (www.Logos.com)
- Bible by Olive Tree (www.OliveTree.com)
- BibleGateway (www.BibleGateway.com)