# "How To Defuse A Bomb, Biblical Conflict Resolution" "Step Four-Reconciliation "Forgiveness"

### PERSONAL APPLICATION

Review the main lesson outline briefly

- 1. Discuss a current situation in your life where you are struggling with forgiveness. What can you do to overcome this?
- 2. Share some examples of when you have forgiven someone and how it affected you. How were you affected before you forgave them?

### PRIVATE MEDITATION

Read the Scripture and identify 1 thought to take with you for that day
Write down your daily thought under each day

Monday – Matthew 5:21-26

Thought:

**Tuesday** – Matthew 18:21-35

Thought:

Wednesday – Colossians 3:12-14; Ephesians 4:32

Thought:

Thursday – 1 Peter 3:8-12

Thought:

Friday – Romans 12:9-10, 14-21

Thought:

Saturday- Hebrews 12:14-15 Sunday- Step Four - Reconciliation to Others "Overcoming Unforgiveness"

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## How to Defuse A Bomb

Biblical Conflict Resolution

"Step Four- Reconciliation "Forgiveness"

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## Step Four-Reconciliation Forgiveness

Colossians 3:12-14

### I. What is Biblical Forgiveness? Col. 3:12-14

- A. It is the result of a God-like heart -3:12
- **B.** It is to act like Christ 3:13
  - 1. "Bear" = to hold up or back (Greek) be patient
  - **2.** "Forgive" = "charizomai" from Grace (charis).

To show someone favor, be kind, to give a thing willingly.

- **3.** "Grievance" find fault or blame
- **4.** Like we have been forgiven

#### C. Some definitions

- 1. "It is an act of the will that is a decision not to think or talk about what someone has done." (Ken Sande, "Peace Making for Families")
- **2.** "The act of setting someone free from an obligation to you that is a result of a wrong done against you." (Charles Stanley, "The Gift of Forgiveness")
  - **D.** The parts of forgiveness
    - 1. Injury
    - 2. Debt form the injury
    - 3. Cancellation of the debt
  - **E.** The 4 promises of forgiveness (Ken Sande, "Peace Making for Families")
    - 1. I will not think about the wrong.
    - 2. I will not bring it up again or use it against you.
    - **3.** I will not talk to others about it.
  - **4.** I will not allow it to stand between us or hinder our relationship.

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### II. What Forgiveness is not...

- 1. Not a feeling, it is a choice
- **2.** It is not forgetting, it is a process
- 3. It is not excusing what has been done
- **4.** It is not peace at any cost. We do not give in to wrong to have peace.

### **NOTES**