

“How Can I Grow to Be More Forgiving?”

Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³ Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ¹⁴ And over all these virtues put on love, which binds them all together in perfect unity.

¹⁵ Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. ¹⁶ Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. ¹⁷ And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3:12-17

The Process:

1. RECEIVE God’s love.

Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

V. 12

a. Pray First.

Devote yourselves to prayer, being watchful and thankful.

Colossians 4:2

b. Believe what God says.

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!

1 John 3:1

2. RELEASE the hurt.

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. V. 13

a. Give it to God.

Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken. Psalm 55:22

b. Give forgiveness.

And forgive us our debts, as we also have forgiven our debtors. Matthew 6:12

3. RESPOND with love.

And over all these virtues put on love, which binds them all together in perfect unity. V. 14

a. Care deeply.

A new command I give you: Love one another. As I have loved you, so you must love one another. John 13:34

b. Choose peace.

Turn from evil and do good; seek peace and pursue it.

Psalm 34:14

The Result:

1. Peace rules.

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. V. 15

2. The Word is proclaimed.

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts V. 16

3. You’re ALL IN!

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. V. 17

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