

# LIFE CHANGING HABITS



## FORGIVENESS

January 17, 2021 // Tyler Scott, Lead Pastor

[www.cpcdanville.org](http://www.cpcdanville.org)

Tyler reminds us to establish the right habits so we can become the person we most want to be. And **the most life changing habits have to do with the heart!**

**READ Proverbs 4:23** - To a great extent, how we live is dictated by our heart; we always find time to do what we enjoy. Although, we must guard our heart above all else, making sure we concentrate on those desires that will keep us on the right path. How difficult (or easy) is it personally to guard your heart? Discuss.

**ANGER - READ James 4:1-2** - According to these passages, why are we all so angry? Why do you personally think we are all so angry?

***How do we deal with anger in a healthy way?***

1. **Refuse to bear grudges - READ Ephesians 4:26-27** - The Bible doesn't tell us that we shouldn't feel anger, but it reminds us to handle anger properly. Paul tells us to deal with our anger immediately instead of nursing our anger. Why is it important not to hold on to anger?

***When you carry anger from one season of life into the next season, you open the door to evil.***

2. **Restrain your temper - READ Ephesians 4:31.** Often we want to hold on to our bitterness and anger because we feel we are "owed" something, or we just need some time to let go. Do you struggle with letting go of bitterness and anger? Why?

***Forgiveness is canceling a debt.***

3. **Release those who owe you - READ Ephesians 4:32.** This is God's law of forgiveness. We see it throughout the Gospels. **READ Matthew 6:14-15, Matthew 18:35 and Mark 11:25.** Jesus demonstrates the most amazing forgiveness. **READ Colossians 2:13-14.** Why should we forgive others?

**READ Matthew 18:21-35.** - What are we to learn from this parable? Why?

***In most cases...they can't pay you back anyway.***

**FORGIVENESS IS NOT:**

- trust
- reconciliation
- a substitute for justice
- a substitute for healing

Does this help you forgive? Why or why not?

**DISCUSSION QUESTIONS:**

1. From your own observation, how can unresolved or uncontrolled anger affect a person?
2. In terms of expressing anger, do you tend to “shout out” or “shut down”—are you extroverted or introverted?
3. We all have anger "triggers". What/who are your triggers?
4. What is one debt someone owes that you are ready to cancel?

***Forgiveness set my heart free - Kim Phuc Phan Thi***

**CHALLENGE:**

1. Identify who you're angry with
2. Determine what they “owe” you
3. Cancel the debt
4. Dismiss the case

**PRAY THIS PRAYER:**

Heavenly Father, \_\_\_\_\_ has taken \_\_\_\_\_ from me. I have held onto this debt long enough. I choose to cancel this debt. \_\_\_\_\_ doesn't owe me anymore. Just as you forgave me, I forgive \_\_\_\_\_.

**COMMIT TO MEMORY**—“*Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*”. Ephesians 4:31-32