

SHAME AND GUILT

The Rewards of Finding and Offering Forgiveness

Lesson 3: Choosing to Forgive Others

COLOSSIANS 3:12-17 (NLT)

¹²Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. ¹³Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. ¹⁴Above all, clothe yourselves with love, which binds us all together in perfect harmony. ¹⁵And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.

¹⁶Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts. ¹⁷And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.

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CHOOSING TO FORGIVE OTHERS

1. God calls you to live differently

2. Other people will hurt you

3. You can choose to forgive

FOR KEEPS [MEMORY VERSE]

"Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others" (Colossians 3:13 NLT).

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