

Conflict Resolution God's Way – Part 2: Forgiven and Forgiving

Ephesians 4:30–32

And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Introduction Recap

Conflict is a normal part of our lives this side of heaven. What matters is what we do with the hurts that naturally follow. In Part 1, we learned to **A**cknowledge (and identify) our feelings, **P**rocess them with Christ, and take loving **A**ction.

Now we go deeper into the next steps —**forgiveness**.

Before we talk about the what and how of forgiveness, we must briefly look at **what forgiveness is NOT**.

- *Forgiveness is not a feeling...* but a matter of faith and obedience (Luke 17:3-10)
- *Forgiveness is not forgetting...* but it is to choose not to bring it up again (Psalm 103:11-12; Jeremiah 31:34; etc.)
- *Forgiveness is not excusing the wrong...* but we need to honestly address sin and call it what it is.

I. Ask for Forgiveness for Any Wrong Actions and Attitudes

- **Confession is the gateway to healing.**
 - *1 John 1:8–10* — Acknowledge sin and receive cleansing.
 - *James 5:16* — Confess to one another and pray for healing.
- **Reflection Questions:**
 - Have I owned my part in this conflict?
 - Have I sought forgiveness from God and others?
- **Key Point:** Confession isn't weakness—it's spiritual strength. It invites grace into broken places.

II. Forgive the Other Person, as Christ Has Forgiven You

- **a. Forgive Unconditionally**
 - *Colossians 3:13* — Forgive as the Lord forgave you.
 - Forgiveness is not earned—it's given freely.
- **b. Examine Your Heart Toward the Other Person**
 - *1 John 2:9–11* — Hatred keeps us in darkness.
 - Ask: Do I feel resentment, or am I walking in love?
- **c. Pursue Peace Without Bitterness**
 - *Hebrews 12:14–15* — Bitterness defiles many.
 - *Ephesians 4:26–27, 30–32* — Let go of anger; be kind and compassionate.
- **d. Extend Christian Love**
 - *1 Corinthians 13:4–7* — Love is patient, kind, and keeps no record of wrongs.
 - Love protects, trusts, hopes, and perseveres.
- **Reflection Questions:**
 - Have I truly released the offense?
 - Can I live at peace with this person?
 - Am I showing Christlike love in my attitude and actions?

Closing Thought

Forgiveness is not forgetting—it's remembering grace. It's not about trusting perfectly—it's about loving faithfully. When we forgive, we reflect the heart of Christ and open the door to restoration.

We are never more like Jesus than when we forgive