

“Renew Your Mind: Practice Forgiveness”

Ephesians 4:22-32

March 15, 2026

“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires.”

Ephesians 4:22 (NIV)

❖ Forgiveness is not easy. It is very difficult, but it is a _____ process that involves aligning your thinking with _____ rather than the _____.

❖ The natural worldly reactions to being wronged or the perception of being wronged are _____, _____, bearing _____ and _____ thoughts.

❖ Forgiveness _____ you from bitterness, resentment, bearing grudges and vengeful thoughts.

I. Realize what unforgiveness _____.

1. Unforgiveness _____ God.

“And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.”

Ephesians 4:30 (NIV)

2. Unforgiveness _____ the devil.

“and do not give the devil a foothold.”

Ephesians 4:27 (NIV)

3. Unforgiveness _____ you.

II. Think about how God has _____ you as a Christian.

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Ephesians 4:32 (NIV)

III. Don't be _____ - _____.

“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but to each of you to the interests of others. In your relationships with one another, have the same mindset as Christ Jesus.”

Philippians 2:3-5 (NIV)

“Do not be quickly provoked in your spirit, for anger resides in the lap of fools.”

Ecclesiastes 7:9 (NIV)

“A wise man restrains his anger and overlooks insults. This is to his credit.”

Proverbs 19:11 (TLB)

IV. Ask God to forgive _____ of unforgiveness and to help you forgive _____.

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

1 John 1:9 (NIV)

“Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.”

Hebrews 4:16 (NIV)

“I can do all this through him who gives me strength.”

Philippians 4:13 (NIV)

- V. Determine not to wait for the right _____ to forgive but allow _____ to flow from _____.

“For we live by faith, not by sight.”

2 Corinthians 5:7 (NIV)

“What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? ...In the same way, faith by itself, if it is not accompanied by action, is dead. ... You see that his faith and his actions were working together, and his faith was made complete by what he did.”

James 2:14a, 17, 22 (NIV)

- VI. Don’t _____ forgiveness.

“In your anger do not sin: Do not let the sun go down while you are still angry,”

Ephesians 4:26 (NIV)

“See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.”

Hebrews 12:15 (NIV)

“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,”

James 1:19 (NIV)

- VII. Stop _____ the hurts over and over in your mind.

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

2 Corinthians 10:5 (NIV)

- VIII. Start _____ for those who hurt you.

“You have heard that it was said, ‘Love your neighbor and hate your enemy.’ But I tell you, love your enemies and pray for those who persecute you,”

Matthew 5:43-44 (NIV)

- IX. _____ forgiving over and over again.

“Whatever you have learned or received or heard from me or seen in me—put it into practice. And the God of peace will be with you.”

Philippians 4:9 (NIV)