

JULY 30TH

# Love and Forgiveness

## 1 John 4:10-11

Love consists in this: not that we loved God, but that he loved us and sent his Son to be the atoning sacrifice for our sins. Dear friends, if God loved us in this way, we also must love one another.

## Ephesians 4:31-32

Let all bitterness, anger and wrath, shouting and slander be removed from you, along with all malice. And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.

## **QUESTION:**

Notice how forgiveness is so clearly connected to love. Why is it impossible to love people we are unwilling to forgive?

## **PRAYER:**

Lord, show me if I am holding any grudges and not wanting to forgive offenses against me. Teach me to abide in your love, that at its very foundation is based on the inconceivable forgiveness you offer us in Jesus Christ.

## **PRACTICE:**

List people that you currently have hard feelings toward or are harboring bitterness. Take time to intentionally release these sinful feelings because of God's gracious forgiveness toward you. Be willing to approach those people in love.