



ANSWERS: Unit 4: Disciple of Christ

Live life as a disciple of Christ and intentionally make disciples for the glory of God.

Lesson 7 Forgiving Others

Day One *Forgiveness from God*

Action Step

1. Reflect on whether there is anyone—past or present—you have *not* forgiven. Now consider the alternatives: **To forgive:** Brings peace and a healthy relationship with God. **To withhold forgiveness:** Breeds bitterness and hinders your relationship with God. Which will you choose?

Personal Answer

(1) Forgiveness from God

Read Colossians 1:13-14 and answer questions 2–4:

For he [God] has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, ¹⁴in whom we have redemption, the forgiveness of sins. Colossians 1:13–14

2. What has God rescued believers from (v. 13a)?

The dominion of darkness

3. After believers are released from the dominion of darkness, where are they brought (v. 13b)?

Into the kingdom of the Son he loves

4. In whom do we have redemption¹—the forgiveness of sins (vv. 13–14)?

The Son God loves—Jesus Christ

¹ The word *redemption* meant to pay a required price (ransom) for someone's release. For example, the price could be used for slaves, criminals, or prisoners of war to be set free. Jesus described His death on the cross as 'a ransom for many' (Matthew 20:28; Mark 10:45).

Read Genesis. 39:7, 9 and answer questions 5–7:

...and after a while his master's wife took notice of Joseph and said, "Come to bed with me!"
Genesis 39:7

"No one is greater in this house than I am. My master [Potiphar, Egyptian and captain of the guard] has withheld nothing from me except you, because you are his wife. How then could I do such a wicked thing and sin against God?" Genesis 39:9

5. How did Satan try to tempt Joseph to sin (v. 7)?

Satan used Potiphar's wife to invite the young man to indulge his natural sexual appetites.

6. Joseph has been sold into slavery by his brothers. He was alone and far from home. Did Joseph blame God or compromise His commands? Yes | No (Underline One)

7. Who did Joseph say he would be sinning against if he committed adultery (v. 9c)?

God

8. Read Psalm 51:4. Who did David say he sinned against?

Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge. Psalm 51:4

God

9. What does God's complete forgiveness through Christ mean to you personally, and how might it shape the way you live?

Personal answer, but God's complete forgiveness means I am no longer condemned for my past. I am fully accepted and loved because of what Christ has done. This frees me to live with peace, humility, and a desire to extend that same forgiveness to others.

10. Read Hebrews 8:12 and 10:17. In both these verses, the author of Hebrews is writing about the New Covenant. What does God choose to remember no more?

"For I will forgive their wickedness and will remember their sins no more."
Hebrews 8:12

Then he adds: "Their sins and lawless acts I will remember no more." Hebrews 10:17

God chooses not to remember believers' sins and lawless acts.

—End Day One—

Day Two

(2) Forgiving Others

11. Read Philippians 4:13. How do we forgive others?

I can do all this through him [Jesus] who gives me strength. Philippians 4:13

Through Christ who gives us strength to forgive.

12. Read Colossians 3:13. What does the Bible tell believers about forgiving?

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. Colossians 3:13 (Grievance is a cause for complaint, blame, or rebuke for a real or imagined wrong.)

Forgive as the Lord forgave you.

Read Matthew 18:32–35 and answer questions 13–15:

“Then the master called the servant in. ‘You wicked servant,’ he said, ‘I canceled all that debt of yours because you begged me to.’³³ Shouldn’t you have had mercy on your fellow servant just as I had on you?’³⁴ In anger his master handed him over to the jailers to be tortured, until he should pay back all he owed.³⁵ “This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart.” Matthew 18:32–35

13. Why should the man have forgiven the debt of his fellow servant (vv. 32–33)?

Because that man’s master had shown him mercy and had cancelled all of his debt earlier.

14. How does our heavenly Father view and act upon His children who do not forgive others from their hearts (vv. 34–35)?

Our Father will view us like the master in the story who handed his servant over to the jailers to be tortured, until he paid back all he owed.

15. What does it mean to forgive from our hearts?

We must really pardon our offenders from our spirits. That is, we hold no grudges or thoughts of revenge. We do not withhold love or affection from the person, nor do we withhold kind and responsible actions toward him or her.

Read Luke 6:27–28 and answer questions 16–17:

“But to you who are listening I say: Love your enemies, do good to those who hate you, ²⁸bless those who curse you, pray for those who mistreat you.” Luke 6:27–28 (Enemies include personal and national foes. Curse is to cause harm or persecute. Bless is to ask for God’s favor, benefit, and well-being.)

16. How are believers supposed to treat their enemies?

Love their enemies and do good to those who hate them.

17. Why is it so difficult to ask God to bless those who have hurt you?

Personal Answer

18. Read Luke 6:35. What are two reasons for loving and blessing our enemies?

But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked. Luke 6:35

- 1) Reward will be great.
- 2) Will be children of the Most High.
- 3) Take on a godly character because God is kind to the ungrateful and wicked.

19. From the above two paragraphs, how are the responses of Roberts and the Amish to the death of their children differ?

Roberts had unforgiveness in his heart and blamed God for the loss of his daughter. The Amish did not blame God for the death of their children but placed the death of their children in God’s sovereign hand. They did not let their pain dictate their feeling toward God or Roberts.

20. Why do you think it is so difficult to forgive those who have hurt us or our loved ones?

Personal answer, but here are a few ideas. Our ego or self-esteem is hurt, we’ve suffered physically, emotionally, and mentally and we want the offender to pay their debt to us.

- holding on to the grudge, thinking it will somehow punish the other person so we can feel righteous
- hoping we will be protected from getting hurt again
- believing that fairness and justice must be served, since the other person was wrong and/or
- thinking that forgiving will excuse the behavior that caused us so much pain in the first place.²

—End Day Two—

² <https://theempowermentdynamic.com/why-forgiving-is-so-hard/> (accessed 7/7/2023)

Day Three

Biblical View of Forgiveness

Read Matthew 6:12, 14–15 and answer questions 21–22:

And forgive us our debts, as we also have forgiven our debtors. Matthew 6:12

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. ¹⁵But if you do not forgive others their sins, your Father will not forgive your sins.
Matthew 6:14–15

21. If we forgive other people when they sin against us, will our heavenly Father also forgive us (v. 14)? Yes | No (Underline One)

22. If we do *not* forgive others when they sin against us, will our heavenly Father forgive our sins (v. 15)? Yes | No (Underline One)

23. Read Luke 6:37. Fill in the blank. Forgive, and you will be forgiven (v. 37c).

“Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.” Luke 6:37 (In this verse, forgive is an imperative verb, a command.)

24. Read Mark 11:25. What must we do so that our heavenly Father will forgive our sins?

“And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins.” Mark 11:25 (In this verse, forgive is an imperative verb, a command.)

Forgive everyone who sins against us.

25. Have you ever considered that your unforgiveness toward others is a sin against God?
Yes | No (Underline One)

Personal Answer

26. How will understanding that your unforgiveness is a sin against God affect your desire and ability to forgive others from your heart?

Personal answer, but it should make us take unforgiveness more seriously. It should change our perception to include God in our unforgiveness equation. When we realize we are sinning against God, we should be motivated to forgive.

27. Read Matthew 18:21–22. How many times are we to forgive those who sin against us?

Jesus is not giving a specific number of times a person is to be forgiven, but making the point that we need to continuously forgive. (Answer is from the lesson.)

Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?” ²²Jesus answered, “I tell you, not seven times, but seventy-seven times.” Matthew 18:21–22

Read Luke 23:34 and answer questions 28–29:

Jesus said, And they divided up his clothes by casting lots. Luke 23:34 “Father, forgive them, for they do not know what they are doing.”

28. What did Jesus pray while nailed to the cross for humanity’s sins?

“Father, forgive them, for they do not know what they are doing.”

29. Why did Jesus say they did not know what they were doing?

Jesus was praying for the Roman soldiers who were carrying out His execution because they did not know Jesus was the Son of God. Jesus may have also been praying for the rank-and-file Jews ignorant of the fact that their Messiah was being executed. He may have even had all sinners in mind. ³ (Answer is from the lesson.)

30. Read Acts 7:59–60. Before Stephen died (fell asleep), what did he cry out (v. 60)?

While they were stoning him, Stephen prayed, “Lord Jesus, receive my spirit.” ⁶⁰Then he fell on his knees and cried out, “Lord, do not hold this sin against them.” When he had said this, he fell asleep. Acts 7:59–60

“Lord, do not hold this sin against them.”

—End Day Three—

³ <https://biblehub.com/commentaries/luke/23-34.htm>>(accessed 6/3/2023)

Day Four

The Replay Button

31. How does knowing that God can use suffering for good help you forgive more easily?

Personal answer, but it should help us to look to the long-term effects of our pain and how God may use it to help others.

32. Read Romans 5:3–4. What is one way God uses suffering to your benefit?

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; ⁴perseverance, character; and character, hope. Romans 5:3–4

Suffering produces perseverance in us and our perseverance produces character and our character produces hope.

33. Read 2 Corinthians 1:3–4. What is one way God uses your suffering to benefit others?

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, ⁴who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. 2 Corinthians 1:3–4

God uses our suffering to comfort us so that we can comfort others.

34. What do the virtues in Colossians 3:12 have in common with empathy?

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Colossians 3:12

Personal answer, however, empathy is the ability to understand and share the feelings of another person. It would be difficult to cloth ourselves with these virtues without empathy. Understanding others develops our desire to care for them and treat them well.

Overcoming Five Negative Emotions

(1) Bitterness

Read Ephesians 4:31–32 and answer questions 35–37:

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

35. Can you get rid of all bitterness, rage, and anger if you are dwelling on negative feelings about how you have been treated? Yes | No (Underline One)

36. How can bitterness escalate into slander, character assassination, or badmouthing?

The Bible tells us that whatever we are thinking about will eventually come out of our mouths (Proverbs 4:23; Matthew 15:18–19.) If we are ruminating on how a person has wronged us and what a terrible person they are, these thoughts will flow out of our hearts and into our conversations with other people. Our words may disparage, insult, and denigrate the other person unfairly. But even if they are at fault, we are commanded to love our enemies and pray to those who persecute us (Matthew 5:43–45). (Answer is from the lesson.)

37. How are we to get rid of bitterness, slander and every form of malice (v. 32)?

We eliminate bitterness, slander and all forms of evil by forgiving from our hearts. We replace our wicked thoughts of unforgiveness by being good, kind, caring, compassionate, and tenderhearted toward our offenders. Jesus will enable us to eliminate evil and replace with good. (Answer is from the lesson.)

(2) Despair

Read 2 Corinthians 4:8–10 and answer questions 38–39:

*We are hard pressed on every side, but not crushed; perplexed, but not in despair;
persecuted, but not abandoned; struck down, but not destroyed.¹⁰ We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body.*
2 Corinthians 4:8–10

38. Even though the apostle Paul was persecuted and struck down, why did he not fall into despair (v. 10)?

Because he always carried around in his body the death of Jesus.

39. What does it mean to you to carry in your body the death of Jesus—and how do you do that in your daily life?

Personal answer, but it means living with a constant awareness that I am united with Christ in His suffering, death, and resurrection. I die to my own desires and respond to hardship in a Christlike way. **Example:** When someone wrongs me, instead of retaliating, I choose to forgive and pray for them—reflecting Christ’s sacrifice and love.

Paul's main point is that he and his friends did not proclaim themselves or carry the message in their own power. They proclaimed Christ in their weakness and suffering to show His power in and through them. (<https://www.bibleref.com/2-Corinthians/4/2-Corinthians-4-10.html>)>(accessed 7/15/2023).

(3) Anxiety

40. Read Philippians 4:6. If we are experiencing anxiety over how we have been or how we are being treated, what does the Bible tell us to do?

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6

Pray with thanksgiving—presenting our requests to God.

(4) Revenge

41. Read Romans 12:19. When we, or another person is wronged, what does God's Word tell us to do and not to do?

Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. Romans 12:19

Do not take revenge, but leave room for God's wrath. It is God's right to avenge.

—End Day Four—

Day Five

More Thoughts on Forgiveness

(5) Loss of Joy

Read Hebrews 12:2–3 and answer questions 42–45:

*Fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.
³Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart. Hebrews 12:2–3 (Scorn in this verse is to disregard; make light of; take no account.)*

42. What was Jesus' response to the shame of the cross and the people's rejection of Him (v. 2)?

Joy

43. Do you think Jesus ever ruminated on how He was treated on earth? Yes | No (Underline One)

44. To keep from pressing the replay button in your mind, what should you consider (v. 3)?

Consider Jesus who endured such opposition from sinners.

45. How will you scorn (disregard; make light of; take no account) of the shame and pain from those who have sinned against you?

Personal Answer

46. What bad memories do you need to bury, and how will you do it?

Personal Answer

47. What kind of obstacles have you faced from the devil in trying to forgive those who have hurt or offended you?

Personal Answer

—End Answers Day Five and Lesson 7—

Next—Lesson 8: Forgiving Yourself and Refusing to Blame God, Unit 4: Disciple of Christ

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