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11am BIBLE STUDY | October 28th, 2026

Pastor Grant McCray, IV

Series: Forgiveness, Boundaries, and Relationships

Two-Part Series | Practical Christian Living

Forgiveness Doesn't Mean It Didn't Hurt

Primary Scripture: Ephesians 4:25–32

Supporting Scriptures: Colossians 3:12–13; Hebrews 12:14–15; Romans 12:17–21

Main Idea

Forgiveness is not pretending that the hurt never happened. It is choosing to respond to the hurt in a way that reflects the grace God has shown us.

POINT 1: Forgiveness Begins with Recognizing God's Grace

Read: Ephesians 4:31–32

Paul teaches that believers should put away bitterness, anger, and malice and instead practice kindness, compassion, and forgiveness.

Key Points

1. Forgiveness is a response to God's _____, not a declaration that the offense was acceptable.
2. Because we have received mercy from God, we are called to extend _____ to others.
3. Forgiveness does not require us to deny the _____ of what happened.

POINT 2: Unforgiveness Can Keep Us Tied to the Hurt
Read: Hebrews 12:14–15
Unresolved hurt can grow into bitterness and begin affecting our attitudes, decisions, and other relationships.

Key Points

1. Acknowledging _____ is not the same as holding on to bitterness.
2. Unresolved hurt can influence how we approach _____ relationships.
3. Forgiveness may require prayer, honesty, support, and _____.

POINT 3: Forgiveness Releases the Desire to Get Even
Read: Romans 12:17–21
Paul teaches believers not to repay evil for evil but to pursue peace and leave room for God's justice.
Key Points

1. Forgiveness does not eliminate _____ for wrongdoing.
2. Forgiveness does not guarantee an _____ or changed behavior.
3. Forgiveness means surrendering personal _____ to God.

Remember:
Forgiveness, reconciliation, and trust are connected, but they are not the same thing.

- Forgiveness means releasing personal vengeance.
- Reconciliation means working toward restoring a relationship.
- Trust is built through consistent, trustworthy behavior.

CLOSING CHALLENGE
This week, identify one hurt that you need to bring honestly before God. Ask Him to help you move toward forgiveness and away from bitterness.