**Book of Ephesians Series: ‘How Do You Identify?’ (PT. 9)**

**“I Am: FORGIVEN” (Eph. 4: 25-32)**

**I.** **ARE YOU “MARA”? [BITTER]**

*“Do not call me Naomi; call me Mara, because my life has become very bitter.”* ***Ruth 1:20***

**II. CHARACTERISTICS OF BITTER PEOPLE.**

**1. Always dig up the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**2. Keep a record of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**3. Triggered less by the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and more by their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for the offender**

**4. Prone to be self-righteous since they are the perceived \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**III. SIX COMMANDS FOR BITTER BELIEVERS:**

**1. WATCH YOUR \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!**

*“ 25b . . . let each one of you speak the truth with his neighbor,”*

*“Without wood, a fire goes out. Without gossip, a quarrel dies down.”* ***Proverbs 26:20***

**2. WATCH YOUR \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!**

*“26 Be angry and do not sin,”*

**3. WATCH YOUR \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!**

*“ 26b. . .do not let the sun go down on your anger,”*

**4. WATCH YOUR \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!**

*“27 and give no opportunity to the devil.”*

**5. WATCH YOUR \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!**

*“28 Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need.”*

**6. WATCH YOUR \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!**

*“29 Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.”*

**IV. HOW TO BREAK THE CYCLE OF BITTERNESS.**

**1. DO NOT GRIEVE THE \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

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

**2. FORGIVEN PEOPLE, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PEOPLE.**

*“32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”*

**V. WHAT FORGIVNESS LOOKS LIKE:**

1. Canceling a \_\_\_\_\_\_\_\_\_\_\_\_ owed to you.

2. Removing the control that the offender has over you.

3. Forsaking \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4. Leaving ultimate justice in God’s hands.

5. An ongoing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

6. Sincerely wanting good for your offender.

VI. WHAT FORGIVNESS DOESN’T LOOK LIKE:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that sin occurred or diminishing its evil.

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sin.

3. Covering up crimes committed against us.

4. Forgetting an offense against us.

5. Absolute trust of the offender.