

Know   
by Heart

*Verse #3*

# Forgiveness

*"Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you." Ephesians 4:32*

For the law enforcement wife, forgiveness is a battlefield. The effects of police work on her officer can leave him coming home in a bad mood, withdrawn and/or exhausted. In addition, long hours apart, missing family events and unmet needs wives' hearts can quickly fill with bitterness. Bitterness left unchecked leads to anger and the exchange of harsh words resulting in holding a grudge and an unwillingness to forgive. Unforgiveness will destroy a marriage.

There is a better way...God's way. We can make allowances for each other's faults and treat each other with a tender heart because God first forgave us. Begin by remembering God's forgiveness of sin is undeserved. You and I did nothing to earn the mercy of God through Jesus Christ. Letting go of bitterness and making forgiveness a priority not only benefits the police wife's marriage, but it also shows we understand the great gift of mercy God have given to us. As you study and memorize this week's *Know by Heart* Scripture ask yourself, *"Do I have an attitude of forgiveness or bitterness?" "How does God's forgiveness enable me to forgive others?"*

*“Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.” Ephesians 4:32*

## Bible Verse Facts

BIBLE VERSE

Ephesians 4:32

BOOK OF THE BIBLE

Ephesians, New Testament

GENRE

Letters

WRITTEN BY

The Apostle Paul

WHO IS SPEAKING

Paul

INTENDED AUDIENCE

Church in Ephesus & All Believers

BACKGROUND

In Ephesians 4, Paul exhorted believers to live godly lives. After giving many instructions, he reminded the church to forgive one another simply because God has forgiven you. Forgiveness isn't always easy, but in light of having received undeserved forgiveness from Christ, we can extend forgiveness to others.



*Pray* Ask the Holy Spirit to empower you to study, learn, understand and memorize this week's *Know By Heart* Scripture.

*Write* Write this week's *Know by Heart* memory verse on an index card (in the back of the book).

*Read* Read three versions: New Living Translation, English Standard Version and Amplified Version provided below.

*“Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.” Ephesians 4:32*

*“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” Ephesians 4:32 ESV*

*“And become useful and helpful and kind to one another, tenderhearted (compassionate, understanding, loving-hearted), forgiving one another [readily and freely], as God in Christ forgave you.” Ephesians 4:32 AMP*

1. As you read the different versions, what stands out?
  
  
  
  
  
  
  
  
  
  
2. What questions does this Bible verse present to you? Write them below.

## EXAMINE THE VERSE

## Step Two

Write this week's *Know by Heart* memory verse below.

Look at the questions below and follow the prompts to circle, box, underline and draw arrows on the *Know by Heart* verse below.

"Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you."

Ephesians 4:32

1. Underline any pronouns - I, me, you, he, she, we, they, them, etc...
2. What words or phrases stand out to you? Circle them in the verse above.
3. Are there any connective words? Put a box around words like: and, but, or, so, therefore.
4. Are there any verbs or action words to take note of? Draw an arrow from the verb to the "what" of the action.

4. Pick two of the words you circled and look up the definitions in the dictionary. Write what you learned below.

1.

2.

5. Color this week's *Know by Heart* memory verse. Ponder the Scripture and ask the Holy Spirit to give you greater understanding. Use colored pencils or crayons only.

Instead, be *Kind*  
TO EACH OTHER,  
TENDERHEARTED,  
*Forgiving* ONE ANOTHER  
JUST AS GOD *Christ*  
THROUGH  
HAS FORGIVEN YOU.

*Ephesians 4:32*

## EXAMINE BEFORE & AFTER

## Step Three

Write this week's *Know by Heart* memory verse below.

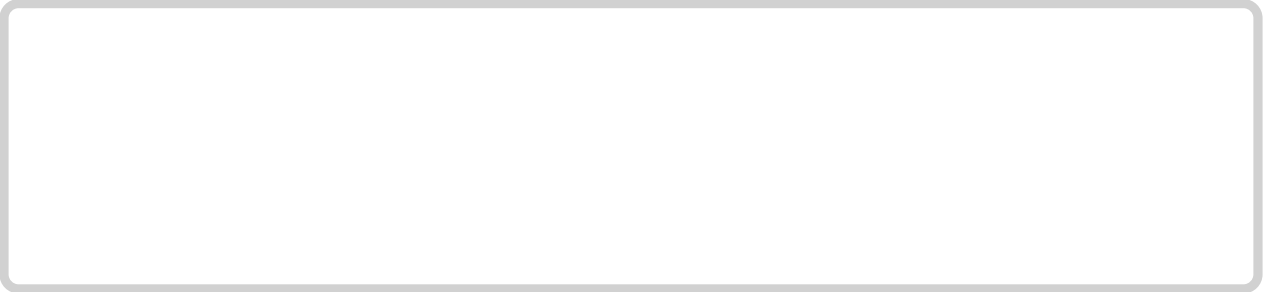
**Open your Bible and read Ephesians 4:17-5:2. Answer the following questions.**

1. Read Ephesians 4:17-31. What appears or happens before the *Know by Heart* memory verse?
  
  
  
  
  
  
  
  
  
  
2. Read Ephesians 5:1-2. What appears or happens after the *Know by Heart* memory verse?
  
  
  
  
  
  
  
  
  
  
3. Considering the entire passage answer the questions below.
  1. Who is speaking? Who was being spoken to?
  
  
  2. Is there a conflict, tension or sin being highlighted?
  
  
  3. Is there a stated purpose, instruction, command or promise given?
  
  
  4. Is anything being emphasized, repeated or compared to?
  
  
  5. Is there a connection between the *Know by Heart* memory verse and the before & after?

## EXAMINE CROSS REFERENCES

## Step Four

Write this week's *Know by Heart* memory verse inserting pictures or symbols in place of words where possible. Be creative!



1. Read the following verses. What do you learn about forgiveness? How can you forgive others?
  - Colossians 3:12-13
  - Matthew 6:14-15
  - Mark 11:25
2. What additional insight does Ephesians 4:2 provide about the attitude we should have toward one another?
3. Based on the verses above and Ephesians 4:32 how is it possible to forgive those who have hurt or wronged you?



# PERSONAL APPLICATION

## Step Six

I am most tempted to hold a grudge when...

Remembering this *Know by Heart* memory verse will help me forgive even when I don't feel like it because...

Actions I can take when I am feeling hurt, wronged or harmed ...

This *Know by Heart* memory verse strengthens my faith because...

*Who can I share this Know by Heart memory verse with?*