

Solid Rock Christian Church Manassas, Virginia
Bible Study for September 3, 2020

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Topic: "Choose To Let It Go"

Scripture Reference: Colossians 3:13

"Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye."

I. Introduction

A. It seems like almost every day we encounter opportunities to get upset with people about something they did or said. If we let down our guard, we will live in a continual state of frustration and strife, and our spiritual live will suffer dramatically.

B. Sometimes, it can be very difficult to convince our minds to overlook a perceived slight, forgive the offender, and then move on with our lives.

C. However, the Bible offers us a powerful solution that should be used to cultivate peace in our relationships.

Point: We must learn to extend grace to others and to realize that *humans* act *human*.

II. Exposition [Part I]

A. In Colossians 3:13, this verse specifically outlines how we are to respond to people in our lives who disappoint or upset us. Additionally, since life is filled with disappointments, it is important for us to understand exactly what Paul meant when he wrote these words.

B. Paul began with the phrase, "Forbearing one another ..." This word "forbearing" is from the Greek word *anechomai*, which means ***to endure one another, to put up with one another, or to have tolerance of one another.***

Comment: I can imagine someone saying right now, "My patience is short and I would rather not be bothered. Just pray for me about putting up with other people!" (I trust that you don't feel this way.)

C. Forbearing is the opposite of acting intolerant or being short-tempered with other people. If we would be honest with ourselves, we all become frustrated at some point with family members, coworkers, and acquaintances.

D. In those moments, the most Christ-like attitude to demonstrate would be to simply ***show forbearance and let it go.***

E. That doesn't mean we have to compromise or ignore an obvious problem. However, it does mean that sometimes taking the higher road means shutting our mouths and letting go of the offense or disappointment.

F. When your flesh gets offended or you find yourself wanting to criticize or nitpick someone about what you perceive to be his or her failures, take some time to get quiet before God, and ask Him what to do.

G. It may be that the Lord's highest will in that situation is for you to simply show forbearance and let go of the matter.

Point: Although loving confrontation is needed at times, it is not *always* the right course to take.

III. Exposition [Part II]

A. Paul went on to say, "Forbearing one another , *and forgiving one another ...*"

B. The word "forgiving" comes from the word *charis*, the Greek word for *grace*. It carries the idea of *wholeheartedly forgiving, freely forgiving, or readily forgiving.*

C. This is a step beyond simply being forbearing; it requires our response to go to the next level as we choose to *freely and wholeheartedly forgive with no restraints and no strings attached.*

D. Just as God has extended His grace to us so many times by freely forgiving us of our sins against Him, now the Holy Spirit instructs you and me to extend forgiveness to those who have wronged or offended us.

IV. Exposition [Part III]

A. In the latter part of this verse, Paul spoke to the central or the core point of his message by saying, " ... **If any man have a quarrel against any: even as Christ forgave you, so also do ye.**"

B. The word "quarrel" is the Greek word *mamphe*, which means **a complaint or grievance against someone and usually indicates a complaint that is backed up with solid evidence.**

C. Perhaps someone failed to do what you expected them to do or they acted in a manner that was below your expectations. Regardless of what you perceive that this person did wrong or whatever "quarrel" you have with them, the Bible commands us to forgive, "**even as Christ forgave you.**"

D. Paul then reminds us, "... **as Christ forgave you, so also do ye.**" You and I did not deserve the forgiveness we received, but God forgave us for all of our past sins, and His mercy is so unlimited, that He continues to forgive us in the present, when we ask for forgiveness.

Point: We who are forgiven have a responsibility to forgive.

V. Interactive/Participation Time

Please complete the biblical passages below. All passages have been taken from the KJV version of the Bible.

"And be ye kind one to _____, _____, _____
one another, even as God for Christ's sake hath _____ you."
(Ephesians 4:32)

"For if ye _____ men their trespasses, your heavenly Father will
also _____ you." (Matthew 6:14)

"If it be _____, as much as lieth in you, live _____ with
all men." (Romans 12:18)

"Then said Jesus, Father, _____ them: for they know _____
what they _____. And they parted his _____ and cast lots."
(Luke 23:34)

Questions For You To Consider

1. Can you think of someone whom you wronged, intentionally or unintentionally, and regardless of your bad behavior, they took the high road and forgave you?

2. Perhaps you have a personal quarrel with someone right now and you believe that you have solid evidence to back up your position. Here are a couple of questions for you to consider:
 - a. Is it really worth the lack of peace that this situation is creating in your life?

 - b. Is this a fight you should be fighting, or would it be more productive to just let it go and forget about it?

3. Have you had other instances in your life when you got upset with someone and you held onto it for a long time, but later you realized that it wasn't worth the lack of peace or even sleep, so you decided to forgive?
 - a. How much precious time did you waste that could never be recaptured because you got upset?

 - b. Why don't you choose forgiveness, move on, and let the Lord deal with it in His own way and time?

A Prayer to Consider

Lord God, I repent for allowing myself to become upset, angry, frustrated, and unforgiving. I acknowledge that this is wrong and I commit to you that I will not yield to my selfishness any longer - especially when Your Word commands me to forgive others as You have forgiven me.

If I had been focused on You instead of myself, I would not have become upset in the first place. Holy Spirit, teach me how to love as Jesus loves me.

In Jesus's name,
Amen!

I pray that this lesson has been a blessing to you. Please feel free to share it with others.

Jude 3
Pastor Austin