

WHAT'S EATING YOU UP INSIDE?

BEWILDERED – Part 3

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“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. [v.32] Be kind and compassionate to one another, forgiving each other,...” Ephesians 4:31,32a (NIV)

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” Ephesians 4:32b (NIV)

“The heart is deceitful above all things and beyond cure. Who can understand it?” Jeremiah 17:9 (NIV)

“Above all else, guard your heart, for everything you do flows from it.”
Proverbs 4:23 (NIV)

Habit of the heart #1: _____.

Habit of the heart #2: _____.

“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.” Ephesians 4:31 (NIV)

• **Forgiveness is** _____.

Four Phases of Forgiveness

1. Identify _____.

2. Clearly _____.

3. Cancel _____.

4. Choose _____.