

**November 5, 2023**

**Twenty-third Sunday in Kingdomtide**

**The Bible Tells Me So? Half Truths, Clichés, and Other Misnomers**

Today's Cliché:

**"Forgive & Forget"**

**Scripture: Ephesians 4:25-32 (New Revised Standard Version)**

<sup>25</sup> So then, putting away falsehood, let each of you speak the truth with your neighbor, for we are members of one another. <sup>26</sup> Be angry but do not sin; do not let the sun go down on your anger, <sup>27</sup> and do not make room for the devil. <sup>28</sup> Those who steal must give up stealing; rather, let them labor, doing good work with their own hands, so as to have something to share with the needy. <sup>29</sup> Let no evil talk come out of your mouths but only what is good for building up, as there is need, so that your words may give grace to those who hear. <sup>30</sup> And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. <sup>31</sup> Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice. <sup>32</sup> Be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.

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## ~ SERMON NOTES ~

One of the marks of a “saint” is the ability to practice genuine forgiveness. But, forgiving and forgetting is not as easy as some make it sound. The truth is that there is some merit in this particular cliché – “Forgive & Forget”, but...it is more complicated. Let’s consider it in these three ways:

1. \_\_\_\_\_,  
Before we can simply forget the wrong that has been done, we must first admit that there is an issue before we can move forward in the spirit of forgiveness.

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2. \_\_\_\_\_.  
It is our choice to quit putting the blame on God, others, or ourselves when it comes to those things in our life that call for forgiveness.

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3. \_\_\_\_\_.  
“I forgive you, brother! With all my heart! I had never known love so intensely, as I did then. But even then, I realized it was not my love . . . It was the power of the Holy Spirit.” – Corrie Ten Boom

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