



Mt. Calvary
Missionary Baptist Church

Rev. Dr. Deonia A. Simmons, Senior Pastor

Adult Life Group Lesson: Week #12(October 20th – October 24th)

Title:

Text: Ephesians 4:31-32kjv

Objective: To help believers understand that forgiveness frees the heart and reflects the grace of God shown through Christ.

Key Terms: Bitterness - Tenderhearted - Forgiving

Important Takeaways From Ephesians 4:31-32kjv

3 reasons to forgive and be free...

1.

2.

3.

Talk It Out

1. Why do you think bitterness is so destructive to the believer's heart?

2. What does God's forgiveness teach us about how we should forgive others?

3. Why is it hard to forgive, and what helps you move toward forgiveness?

4. Share a time when forgiving someone—or being forgiven—brought you freedom.

Life App: This week, think about one person you may need to forgive—or one area where you need to let go of bitterness. Pray for God's strength to release it. Remember: forgiveness is not a feeling; it's a faith decision that leads to freedom.

Memory Verse: Ephesians 4:32kjv - And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.