

Finding Forgiveness

with your Spouse

Recall a time you really needed forgiveness from your spouse.

OR recall someone else in your family or friendship circle needing spousal forgiveness.

What happened?

Read and ponder [Ephesians 4:31-5:2](#)

What stands out to you in this set of verses? What's comforting? What's challenging?

Bitterness can be heavy, like carrying rocks of various sizes. When have you felt such weightiness?

What total forgiveness is not . . .

What total forgiveness is . . .

Read and ponder [Colossians 3:12-15](#)

What are the various "new fashions" Paul calls us to put on?

How might each one impact your relationships for the positive?

What will you do in the coming days to "put on" one or more of these fashions?

Is there anything you need to more intentionally forgive with anyone right now?_

Get Ready for Next Week:

Finding Forgiveness with siblings and parents

Reach each day from [Genesis 50:15-21](#)