

Forgiven Saints Forgive Sin: Ephesians 4:29-32

Family Dynamics

Bread of Life Church: Daniel Low (07.19.2026)

We clearly say that God is gracious once they actually hear that we are forgiving.

1. Practicing True Forgiveness Eliminates the Ugliness of Our Malice, 4:29-31

a. Dispose of the trash in our words, 4:29-30

if we are genuinely devoted to our unity as a spiritual family - a unity that comes through our maturity as individual disciples, we will not say things that are destructive and divisive

b. Dispose of the trash in our hearts, 4:31

before practicing authentic forgiveness we must eliminate the ugliness of our own sinful attitudes (bitterness, wrath, anger, clamor, slander, all malice)

2. Practicing True Forgiveness Replicates the Richness of God's Grace, 4:32

a. Show grace in our forgiveness of others

as Jesus expresses in his model prayer (Matthew 6:11-12, 14-15), God's forgiveness of us is paired together with our forgiveness of others - without minimizing the hurt that we experienced, our choice to forgive others confirms the reality of God's forgiveness of us

b. Show grace like God's forgiveness of us

God commands us to treat others with the same grace that we ourselves have received from him in Christ