

# RELATIONSHIP

RESET

A STUDY IN THE BOOK OF EPHESIANS



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Salinas Padre Dr. Sunday 10:00<sup>am</sup>  
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# Forgiveness That Frees the Soul

Ephesians 4:31-32 (ESV)  
Series: "Relationship Reset"  
Pastor T.K. Anderson  
May 30 & 31, 2026

## 1. \_\_\_\_\_ What's Poisoning Your Heart

"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice." Eph. 4:31, 30, Acts 19:28, 2 Timothy 2:24-25

## 2. \_\_\_\_\_ It with the Heart of Christ

"Be kind to one another, tenderhearted..." Eph. 4:32a, Luke 22:32-34 (NLT)  
Luke 23:24

## 3. \_\_\_\_\_ How God Has Forgiven You

"...forgiving one another, as God in Christ forgave you." Eph. 4:32b, 1:7,  
Revelation 2:4, Matthew 18

All verses ESV translation unless otherwise noted



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LifeGroup lessons



Weekly Enews

The longer you carry something, the heavier it gets.  
That is what unforgiveness does.

1

"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."  
Ephesians 4:31-32<sup>1</sup>

2

Forgiveness is releasing the weight of resentment  
to the grace and justice of God

3

**1** RELEASE What's Poisoning Your Heart  
"Let all bitterness... be put away from you"  
"Do not grieve the Holy Spirit of God,  
by whom you were sealed for the day of redemption."  
Ephesians 4:30-31

4

"Let all bitterness and wrath and anger and clamor and slander  
be put away from you, along with all malice."

Ephesians 4:31

"Great is Artemis of the Ephesians!"

Acts 19:28

5

6

**Bitterness doesn't punish the person who hurt you.  
It poisons the person who carries it.**

"The Lord's servant must not be quarrelsome but kind to everyone...  
correcting his opponents with gentleness."

2 Timothy 2:24-25

7

8

- ▶ What bitterness is God asking you to put away?
- ▶ What name still triggers something in your heart?
- ▶ What resentment have you carried so long that it now feels normal?

9

**2** REPLACE It with the Heart of Christ

10

"Be kind to one another, tenderhearted..."  
Ephesians 4:32a

11

**Tenderhearted**  
Deep compassion from the inside

12

"Before the rooster crows... you will deny three times that you even know Me."

Luke 22:34 (NLT)

13

"I have prayed for you that your faith may not fail.  
And when you have turned again, strengthen your brothers."

Luke 22:32

14

Jesus saw Peter's coming failure,  
but He also saw Peter's future restoration

15

"Father, forgive them, for they know not what they do."

Luke 23:34

16

A tender heart is not a heart that's never been hurt.  
It's a heart that refuses to become hard because it's been hurt.

17

**3** **REMEMBER** How God Has Forgiven You  
"...forgiving one another, as God in Christ forgave you."  
Luke 4:32b

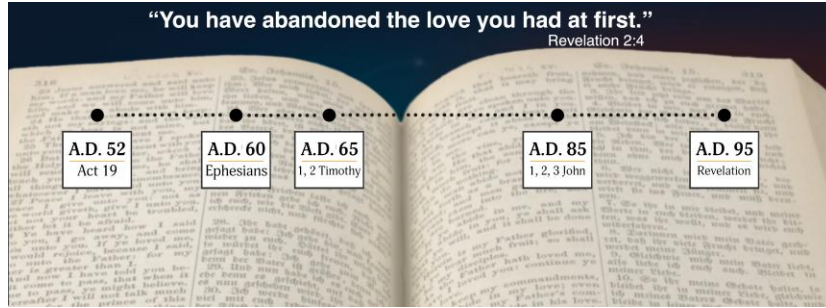
18

Christian forgiveness does not begin with the person who hurt me.  
**It begins with the Savior who forgave me.**

19

"In Him we have redemption through His blood,  
the forgiveness of our trespasses, according to the riches of His grace."  
Ephesians 1:7

20



21

## It's possible to...

- ▶ Be right in your theology & wrong in your spirit
- ▶ Defend truth & lose tenderness
- ▶ Serve God faithfully & become cold toward people
- ▶ Remember what you believe & forget how much grace you've received

22

**Forgiven** people become **forgiving** people when they remember  
 how much **grace** they have received

23