#### What God Says About ... Loving Your Spouse 1 Corinthians 13:5

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# 1 Corinthians 13:5 (ESV)

[Love] is not irritable or resentful.

# 1 Corinthians 13:5 (NASB95)

[Love] is not provoked, does not take into account a wrong suffered.

#### **1 Corinthians 13:5 (NIV)** [Love] is not easily angered, it keeps no record of wrongs.

**1 Corinthians 13:5 (NLT)** [Love] is not irritable, and it keeps no record of being wronged.

#### **1 Corinthians 13:5 (NCV)** Love ... does not get upset with others. Love does not count up wrongs that have been done.

#### **1 Corinthians 13:5 (The Message)** [Love] doesn't fly off the handle, doesn't keep score of the sins of others.

# Ephesians 4:31 (ESV)

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

#### **Ephesians 4:32 (ESV)** Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

# Forgiveness expresses love.

# Psalm 86:5 (ESV)

For You, O Lord, are good and forgiving, abounding in steadfast love to all who call upon You.

# Forgiveness also enhances love.

# Luke 7:47 (ESV)

Therefore I tell you, her sins, which are many, are forgiven—for she loved much. But he who is forgiven little, loves little."

# 1. Understanding Forgiveness

#### Matthew 18:21 (ESV)

Then Peter came up and said to Him, "Lord, how often will my brother sin against me, and I forgive him? As many as seven times?"

#### Matthew 18:22 (ESV)

Jesus said to him, "I do not say to you seven times, but seventy-seven times.

#### Luke 23:34 (ESV)

And Jesus said, "Father, forgive them, for they know not what they do." And they cast lots to divide His garments.

# Forgiveness is the wiping out of an offense from memory; it can be effected only by the one affronted. Once eradicated, the offense no longer conditions the relationship between the offender and the one affronted, and harmony is restored between the two. (The Anchor Yale Bible Dictionary)

2. Seeking Forgiveness

#### Acknowledge the offense

#### Psalm 51:3 (ESV)

For I know my transgressions, and my sin is ever before me.

#### Admit your responsibility

#### Psalm 51:4 (ESV)

Against You, You only, have I sinned and done what is evil in Your sight, so that You may be justified in Your words and blameless in Your judgment.

#### Ask for forgiveness

#### Psalm 25:18 (ESV)

Consider my affliction and my trouble, and forgive all my sins.

# 3. Extending Forgiveness

#### Forgive frankly

#### Ephesians 4:25 (ESV)

Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another.

# Forgive frequently

# Ephesians 4:26 (ESV)

Be angry and do not sin; do not let the sun go down on your anger,

Ephesians 4:27 (ESV)

and give no opportunity to the devil.

# Forgive freely

# Ephesians 4:32 (ESV)

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

# 4. Receiving Forgiveness

#### Isaiah 43:25 (ESV)

I, I am He who blots out your transgressions for My own sake, and I will not remember your sins.

In all our relationships, including our marriages, we have two choices: Choice #1: Be perfect and never mess up. Choice #2: Learn to *give* and *receive* forgiveness. The first choice is impossible, so the second choice is essential!