

“Forbear One Another”

INTRODUCTION: **Ephesians 4:1-3** ... centered around “*love*” – **4:2**

I. WHAT IT IS

- “*forbear*” = ‘*to put up with, endure*’ – Not always easy!
- “*forbearance*” requires PATIENCE ... your “*calling*” – **4:1**
- “*gentleness*” = “*meekness*” = ‘*strength under control*’.
- Some, look for an excuse to get their feelings hurt ... in Church.
- “*forbearance*” is importance for “*unity*”, “*peace*” – **4:3** –
Romans 12:18

II. HOW TO GET IT

- “*patience*” comes through “*tribulation*” – **Romans 5:3**, **Acts 14:22**,
1 Thessalonians 3:3
- As we “*endure*”, we grow stronger in the Lord – **2 Corinthians 4:17**,
12:10, **Romans 5:3**

III. HOW TO USE IT

- “*endure*” – **2 Thessalonians 1:4**, **2 Timothy 2:3**, **James 5:11**,
1 Peter 2:19

How can we be “*forbearing*”?

- “*Forgive One Another*” – **Colossians 3:13**
 - Negative reactions – **3:8-9** ... Positive reactions – **3:10-17**
 - **3:13** – “*forbearing*” goes along with “*forgiving*”.
 - Bitterness produces a ‘*spiritual infection*’ ... you can’t hide it.
- “*Edify One Another*” – **1 Thessalonians 5:11**, **Romans 14:19**
 - It’s easier to tear down than it is to build up.
 - The PURPOSE of “*edification*” is “*peace*” ... like “*forbearance*”.
 - **Romans 14:1** – We are to “*receive*” them – **15:7** – NOT – “*judge*”
them – **14:13**
 - Don’t “*receive*” them just to show them how they are wrong!
 - If LOST, we can “*receive*” them as one for whom Christ died.
 - We should build them up by our EXAMPLE – **14:13**
 - MAYBE ... they don’t even like the way they are ... AND ...
need an example ... WHY God has placed them in your life.

CONCLUSION:

- “*Forbear one another ... in love*”.
- Only Christ can give you this “*love*” ... BUT ... it’s your ministry.