

Spirit, Soul, and Body- Untethered - Breaking the Chains of Unforgiveness



Participant Guide
Pastor Arnold

Spirit, Soul, and Body- Untethered - Breaking the Chains of Unforgiveness

This participant guide accompanies Pastor Arnold's Bible study series on forgiveness and spiritual growth. It will explore key themes from the study sessions, providing reflection questions and prayer points to help you delve deeper into the scriptures and their application to your daily life.

YouTube Video:

<https://youtu.be/VAUQQrghBv8?si=9ywqndGkF-kRCwEs>

The guide includes a six-day devotional to further your reflection and spiritual growth throughout the week. We pray that this resource equips you to:

- Gain a deeper understanding of the importance of forgiveness in your spiritual journey.
- Recognize the centrality of Jesus Christ as the cornerstone of your faith.
- Cultivate a spirit of forgiveness that reflects God's love and grace.
- Experience the freedom and growth that comes from aligning your life with God's will.



Sections

The guide is divided into the following sections, mirroring the key themes explored in the Bible study sessions:

1.The Foundation of Spiritual Growth (Ephesians 2:20)

1. Scripture (ESV): "built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone."
(Ephesians 2:20)

2.Aligning the Soul with the Spirit (1 Thessalonians 5:23)

1. Scripture (ESV): "Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ." (1 Thessalonians 5:23)

3.The Importance of Forgiveness in Spiritual Growth (Colossians 3:13)

1. Scripture (ESV): "bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive." (Colossians 3:13)

4.The Significance of Jesus' Sacrifice (Romans 5:8)

1. Scripture (ESV): "but God shows his love for us in that while we were still sinners, Christ died for us." (Romans 5:8)

5.The Parable of the Unforgiving Servant (Matthew 18:21-35)

1. Scripture (ESV): (The entire parable is referenced, but not directly quoted here. See Matthew 18:21-35 for the full passage)

6.The Power of Prayer and Scripture in Forgiveness (Matthew 6:12)

1. Scripture (ESV): "and forgive us our debts, as we also have forgiven our debtors." (Matthew 6:12)

Each section includes:

- Scripture reference (ESV translation)
- Reflection question to prompt deeper understanding
- Prayer point to guide your communication with God



The Foundation of Spiritual Growth (Ephesians 2:20)

- **Scripture (ESV):** "built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone." (Ephesians 2:20)
- **Reflection Question:** How does recognizing Jesus as the cornerstone of my faith change the way I approach spiritual growth?

- **Prayer Point:**

Heavenly Father, help me to build my life upon the solid foundation of Your Son, Jesus Christ, ensuring that every aspect of my spiritual journey is aligned with Him.



Aligning the Soul with the Spirit (1 Thessalonians 5:23)

- **Scripture (ESV):** "Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ." (1 Thessalonians 5:23)
- **Reflection Question:** In what areas of my life do I need to align my will and emotions with God's Spirit?

- **Prayer Point:**

Lord, guide me in aligning my soul—my thoughts, will, and emotions—with Your Holy Spirit, so that I may walk in Your truth and peace.



The Importance of Forgiveness in Spiritual Growth (Colossians 3:13)

- **Scripture (ESV):** "bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive." (Colossians 3:13)
- **Reflection Question:** How has holding onto unforgiveness hindered my spiritual growth, and how can I move towards forgiving others?

- **Prayer Point:**

Father, grant me the strength to forgive as You have forgiven me and let this act of forgiveness be a stepping stone in my spiritual maturity.



The Significance of Jesus' Sacrifice (Romans 5:8)

- **Scripture (ESV):** but God shows his love for us in that while we were still sinners, Christ died for us." (Romans 5:8)
- **Reflection Question:** How does understanding Jesus' sacrifice for my sins inspire me to live a life of gratitude and service?

- **Prayer Point:**

Thank You, Jesus, for Your selfless sacrifice. Help me to live each day in gratitude, reflecting Your love and sacrifice through my actions and words.



The Parable of the Unforgiving Servant (Matthew 18:21-35)

- **Scripture (ESV):** (The entire parable is referenced, but not directly quoted here. See Matthew 18:21-35 for the whole passage)
- **Reflection Question:** What can I learn from the parable of the unforgiving servant about the depth of God's forgiveness towards me?
- **Prayer Point:**

Merciful God, let the lesson of the unforgiving servant resonate in my heart, leading me to forgive others wholeheartedly as You have forgiven me.



The Power of Prayer and Scripture in Forgiveness (Matthew 6:12)

- **Scripture (ESV):** "and forgive us our debts, as we also have forgiven our debtors." (Matthew 6:12)
- **Reflection Question:** How can incorporating prayer and Scripture into my daily routine help me to practice forgiveness?

- **Prayer Point:**

Lord, teach me to pray sincerely, seeking Your forgiveness and the ability to forgive others, just as You have instructed us in Your Word.



6-Day Daily Devotional Based on the Bible Study

Day 1: The Cornerstone of Our Faith

Devotional: Meditate on Jesus's role as the cornerstone of your faith. Reflect on how this truth provides stability and direction in your spiritual journey.

Scripture (ESV): Ephesians 2:20

Day 2: Aligning with the Spirit

Devotional: Consider the areas of your life that need realignment with God's Spirit. Pray for guidance and the willingness to submit your will to His.

Scripture (ESV): 1 Thessalonians 5:23

Day 3: The Freedom of Forgiveness

Devotional: Contemplate the freedom that comes with forgiveness. Ask God to reveal any areas of unforgiveness in your heart and take steps to release them.

Scripture (ESV): Colossians 3:13

Day 4: Gratitude for the Sacrifice

Devotional: Reflect on the magnitude of Jesus' sacrifice for your sins. Let this understanding fill you with gratitude and motivate you to serve others.

Scripture (ESV): Romans 5:8

Day 5: Learning from the Unforgiving Servant

Devotional: Read the parable of the unforgiving servant (Matthew 18:21-35) and consider the gravity of God's forgiveness. Commit to extending that same grace to those around you.

Scripture (ESV): Matthew 18:21-35

Day 6: Prayer and Scripture in Practice

Devotional: Focus on integrating prayer and Scripture into your daily routine, especially concerning forgiveness. Allow God's Word to transform your heart and actions.

Scripture (ESV): Matthew 6:12

