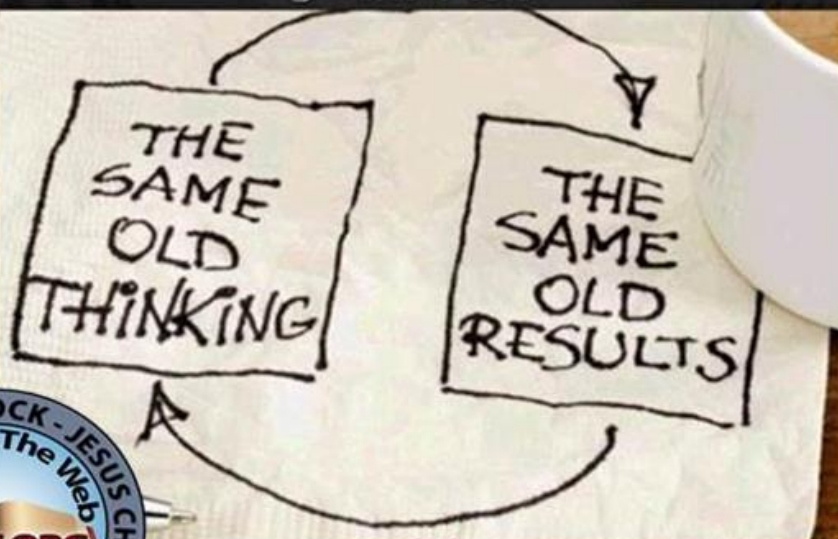


# Think BIBLICALLY



**RENEW**  
your mind  
ROMANS 12:2



# **FORBEARANCE:**

**Rightly Responding To Wrongs**



**Galatians 5:22-23** But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.

## **Strong's Greek Dictionary**

**3115. μακροθυμία makrothumia**

from the same as 3116; longanimity, i.e.  
(objectively) forbearance or (subjectively)  
fortitude:—longsuffering, patience.





**2 Peter 1:2-7** Grace to you and peace be multiplied in the knowledge of God and of Jesus our Lord, seeing that His divine power has granted to us all things that pertain to life and godliness, through the knowledge of Him who called us by His own glory and virtue; by which He has granted to us His precious and exceedingly great promises; that through these you may become partakers of the divine nature, having escaped from the corruption that is in the world by lust. Yes, and for this very cause adding on your part all diligence, in your faith supply moral excellence; and in moral excellence, knowledge; and in knowledge, self-control; and in self-control patience; and in patience godliness; and in godliness brotherly affection; and in brotherly affection, love.

**Matthew 5:7** Blessed *are* the merciful: for they shall obtain mercy.

**Matthew 5:9** Blessed *are* the peacemakers: for they shall be called the children of God.





**1 Corinthians 13:1-3** If I speak with the languages of men and of angels, but don't have love, I have become sounding brass, or a clanging cymbal. If I have the gift of prophecy, and know all mysteries and all knowledge; and if I have all faith, so as to remove mountains, but don't have love, I am nothing. If I dole out all my goods to feed the poor, and if I give my body to be burned, but don't have love, it profits me nothing.

**James 1:22** But be ye doers of the word, and not hearers only, deceiving your own selves.

**James 1:2-4** Count it all joy, my brothers , when you fall into various temptations, knowing that the testing of your faith produces endurance. Let endurance have its perfect work, that you may be perfect and complete, lacking in nothing.

**Romans 5:3-5** Not only this, but **we also rejoice in our sufferings, knowing that suffering works perseverance**; and perseverance, proven character; and proven character, hope: and hope doesn't disappoint us, because God's love has been poured out into our hearts through the Holy Spirit who was given to us.

**James 3:2-6** For in many things we all stumble. If anyone doesn't stumble in word, the same is a perfect man, able to bridle the whole body also. Indeed, we put bits into the horses' mouths so that they may obey us, and we guide their whole body. Behold, the ships also, though they are so big and are driven by fierce winds, are yet guided by a very small rudder, wherever the pilot desires. So the tongue is also a little member, and boasts great things. See how a small fire can spread to a large forest! And the tongue is a fire. The world of iniquity among our members is the tongue, which defiles the whole body, and sets on fire the course of nature, and is set on fire by Gehenna.



**James 3:7-10** For every kind of animal, bird, creeping thing, and thing in the sea, is tamed, and has been tamed by mankind. But nobody can tame the tongue. It is a restless evil, full of deadly poison. **With it we bless our God and Father, and with it we curse men, who are made in the image of God. Out of the same mouth comes forth blessing and cursing. My brothers, these things ought not to be so.**

**Proverbs 12:18** There is that speaketh like the piercings of a sword: but the tongue of the wise *is* health.

**Proverbs 15:4** A gentle tongue is a tree of life,  
But viciousness in it crushes the spirit.

**Proverbs 29:11** A fool vents all of his anger, But  
a wise man brings himself under control.

Retaliate or Reconcile?

**Proverbs 15:1** A gentle answer turns away wrath, But a harsh word stirs up anger.

**Proverbs 15:18** A wrathful man stirs up contention, But one who is slow to anger appeases strife.

**What Are We Fighting For?**



- To get my way

- To get my way
- To be right

- To get my way
- To be right
- To prove my point

- To get my way
- To be right
- To prove my point

- **For the glory of God**

**Ephesians 4:29** Let no corrupt communication proceed out of your mouth, but **that which is good to the use of edifying, that it may minister grace unto the hearers.**



**Luke 17:3-4** Take heed to yourselves: If thy brother trespass against thee, rebuke him; and if he repent, forgive him. And if he trespass against thee seven times in a day, and seven times in a day turn again to thee, saying, I repent; thou shalt forgive him.

**1 Corinthians 13:4** **Charity suffereth long, and is kind**; charity envieth not; charity vaunteth not itself, is not puffed up,

**1 Peter 2:19-23** For **this is thankworthy, if a man for conscience toward God endure grief, suffering wrongfully.** For what glory *is it*, if, when ye be buffeted for your faults, ye shall take it patiently? but if, when ye do well, and suffer *for it*, ye take it patiently, this *is* acceptable with God. For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow His steps: Who did no sin, neither was guile found in His mouth: Who, when He was reviled, reviled not again; when He suffered, He threatened not; but committed *Himself* to Him that judgeth righteously:

I turn everything over  
I turn myself in  
There's nothing left of me to defend

Switchfoot

"I Turn Everything Over"

**Matthew 16:24** Then Jesus said to His disciples,  
"If anyone desires to come after Me, let him  
deny himself, and take up his cross, and follow  
Me.

**Matthew 10:38** He who doesn't take his cross  
and follow after Me, isn't worthy of Me.

**Matthew 5:38-42** Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth: But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also. And if any man will sue thee at the law, and take away thy coat, let him have *thy* cloke also. And whosoever shall compel thee to go a mile, go with him twain. Give to him that asketh thee, and from him that would borrow of thee turn not thou away.

**Matthew 5:43-45** Ye have heard that it hath been said,  
Thou shalt love thy neighbour, and hate thine enemy.  
But I say unto you, **Love your enemies, bless them that  
curse you, do good to them that hate you, and pray  
for them which despitefully use you, and persecute  
you**; That ye may be the children of your Father which  
is in heaven: for He maketh His sun to rise on the evil  
and on the good, and sendeth rain on the just and on  
the unjust.

**Luke 6:27-31** But I say unto you which hear, Love your enemies, do good to them which hate you, Bless them that curse you, and pray for them which despitefully use you. And unto him that smiteth thee on the *one* cheek offer also the other; and him that taketh away thy cloke forbid not *to take thy* coat also. Give to every man that asketh of thee; and of him that taketh away thy goods ask *them* not again. And **as ye would that men should do to you, do ye also to them likewise.**



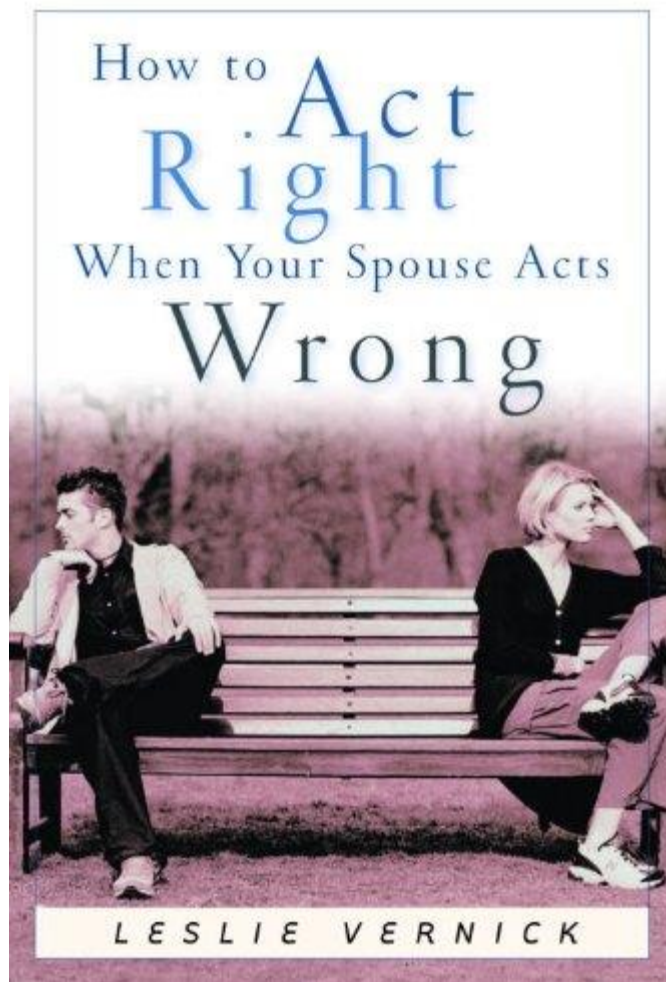
**Luke 6:32-36** If you love those who love you, what credit is that to you? For even sinners love those who love them. If you do good to those who do good to you, what credit is that to you? For even sinners do the same. If you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive back as much. But love your enemies, and do good, and lend, expecting nothing back; and your reward will be great, and you will be children of the Most High; for He is kind toward the unthankful and evil. Therefore be merciful, Even as your Father is also merciful.

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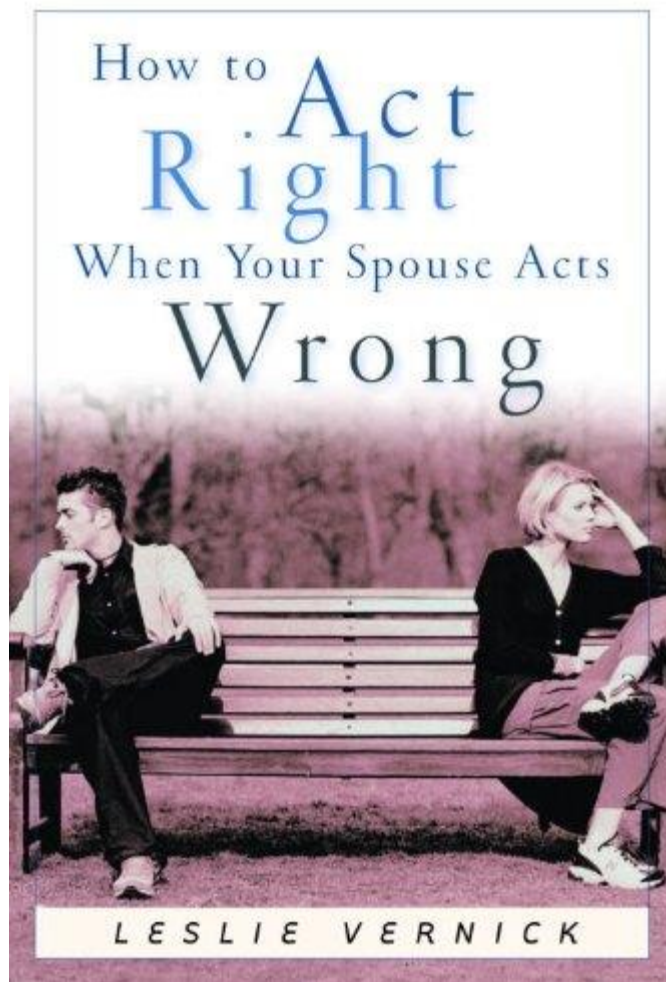
**1 Corinthians 4:11-13** Even to this present hour we hunger, thirst, are naked, are beaten, and have no certain dwelling place. We toil, working with our own hands. **When people curse us, we bless. Being persecuted, we endure. Being defamed, we entreat.** We are made as the filth of the world, the dirt wiped off by all, even until now.



“Do we love Jesus, or do we love happiness, self-fulfillment, and our own way? Jesus tells us, “Where your treasure is, there your heart will be also.” (Matthew 6:21). Our marriage, like no other relationship, reveals what we love. Our marriage exposes us, and we can't hide or fake it for very long. The real us, with all our strengths and weaknesses, tumbles out. what we love and what we worship will be expressed in our marriage, especially when we do not get what we want or think we need.”

*How To Act Right When Your Spouse Acts Wrong, p.30*

**Romans 8:28-31** And we know that all things work together for good to them that love God, to them who are the called according to *His* purpose. For whom He did foreknow, He also did predestinate *to be* conformed to the image of His Son, that He might be the firstborn among many brethren. Moreover whom He did predestinate, them He also called: and whom He called, them He also justified: and whom He justified, them He also glorified. What shall we then say to these things? If God *be* for us, who *can be* against us?



“If we lose sight of the goal—Christlikeness—we will become frustrated in our attempts to act right when our spouse acts wrong. Our purpose in learning to act right is not to get our spouse to act right, to be fair, or to contribute more to the marriage... With our goal set on pleasing God and being more like Jesus in all circumstances, we will begin to grow and to know the mind of Christ.”

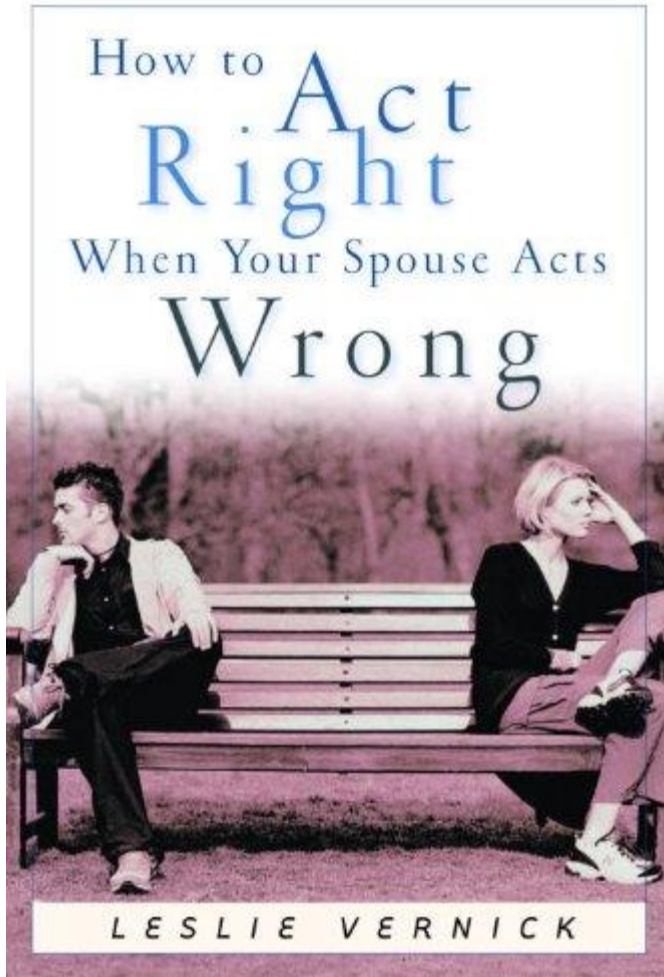
*How To Act Right When Your Spouse Acts Wrong, p.24*



**Hebrews 12:2-4** Looking unto Jesus the author and finisher of *our* faith; who for the joy that was set before Him endured the cross, despising the shame, and is set down at the right hand of the throne of God. For consider Him that endured such contradiction of sinners against Himself, lest ye be wearied and faint in your minds. Ye have not yet resisted unto blood, striving against sin.

**Hebrews 12:5-10** And ye have forgotten the exhortation which speaketh unto you as unto children, My son, despise not thou the chastening of the Lord, nor faint when thou art rebuked of Him: For whom the Lord loveth He chasteneth, and scourgeth every son whom He receiveth. If ye endure chastening, God dealeth with you as with sons; for what son is he whom the Father chasteneth not? But if ye be without chastisement, whereof all are partakers, then are ye bastards, and not sons. Furthermore we have had fathers of our flesh which corrected *us*, and we gave *them* reverence: shall we not much rather be in subjection unto the Father of spirits, and live? For they verily for a few days chastened *us* after their own pleasure; but He for *our* profit, that *we* might be partakers of His holiness.

**Hebrews 12:11-15** Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby. Wherefore lift up the hands which hang down, and the feeble knees; And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed. Follow peace with all *men*, and holiness, without which no man shall see the Lord: Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble *you*, and thereby many be defiled;

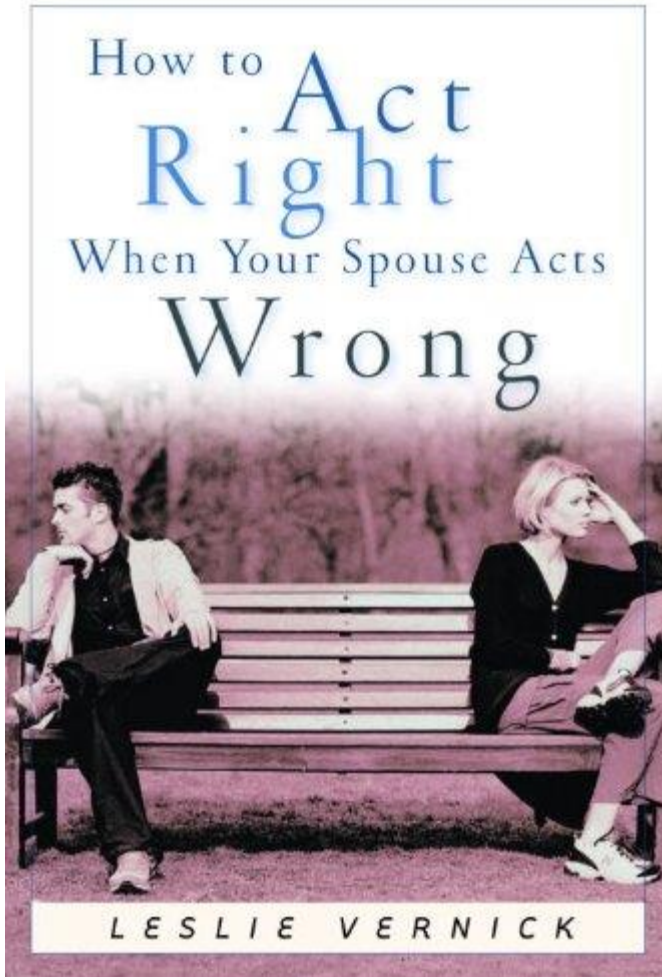


“In our homes we can allow the anvil of difficult circumstances to forge us into the better image of Christ, or we can become beaten down in discouragement, flattened by repeated conflict, and hardened by bitterness, eventually becoming cold and colorless, going through the motions of marriage and Christianity but having no heart for it.”

*How To Act Right When Your Spouse Acts Wrong, p.36*

**Colossians 3:15** And **let the peace of God rule in your hearts**, to the which also ye are called in one body; and be ye thankful.

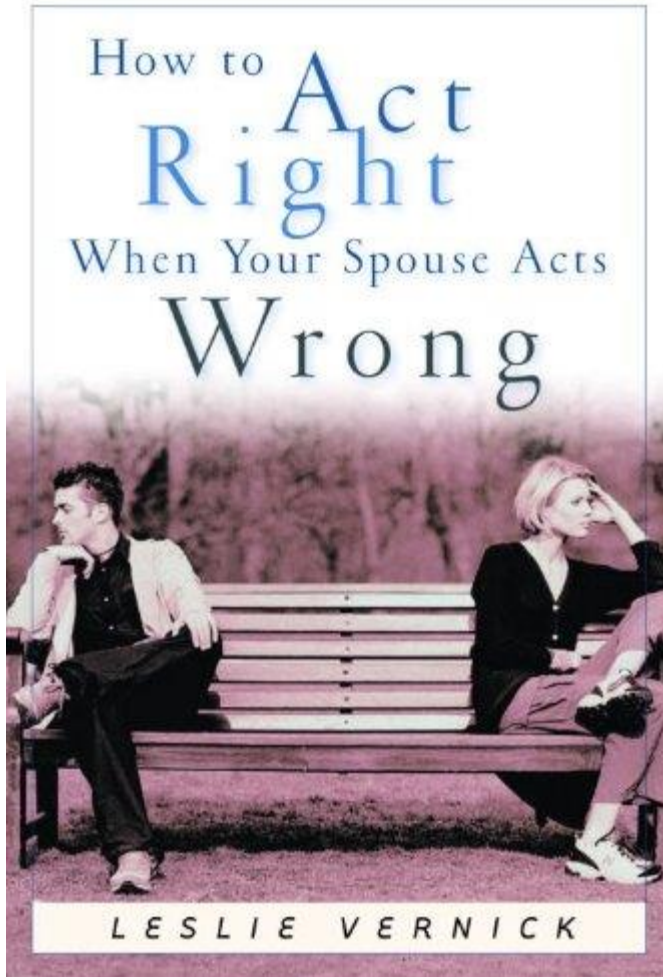
**2 Corinthians 5:15** And *that* He died for all, that **they which live should not henceforth live unto themselves, but unto Him which died for them**, and rose again.



“Instead of looking at what our spouse is doing that is upsetting, hurtful, or wrong to us, we must begin by redirecting our attention toward what our spouse’s wrongs reveal in us. God may be using his or her imperfections, differences, weaknesses, and sins to teach us valuable lessons on how to forgive, how to forbear, how to have self-control, how to speak the truth in love, and how to love our enemies.”

*How To Act Right When Your Spouse Acts Wrong, p.34*

**Matthew 5:6** Blessed [happy] *are* they which do hunger and thirst after righteousness: for they shall be filled.



"Please take note that what we hope to birth in the process of our suffering makes a difference in our ability to endure. If we hope to invoke a positive response from our spouse, whether it be a heartfelt apology, personal repentance, an improved marital relationship, or a happy marriage, we may end up sorely disappointed and angry. This might cause us to give up in the midst of labor. The child is dead, why persevere? But if we can focus on birthing the character of Christ in us, then we can labor with joy, even in the midst of hardship. We can know that this sanctification process shall birth the lovely image of Christ in us."



**Galatians 6:9-10** Let us not be weary in doing good, for we will reap in due season, if we don't give up. So then, as we have opportunity, let's do what is good toward all men, and especially toward those who are of the household of the faith.

**Isaiah 40:31** But they that wait upon the LORD shall renew *their* strength; they shall mount up with wings as eagles; they shall run, and not be weary; *and* they shall walk, and not faint.

**Colossians 3:12-15** Put on therefore, as God's chosen ones, holy and beloved, a heart of compassion, kindness, lowliness, humility, and perseverance; bearing with one another, and forgiving each other, if any man has a complaint against any; even as Christ forgave you, so you also do. Above all these things, walk in love, which is the bond of perfection. And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful.

**Philippians 2:1-8** If there is therefore any exhortation in Christ, if any consolation of love, if any fellowship of the Spirit, if any tender mercies and compassion, make my joy full, by being like-minded, having the same love, being of one accord, of one mind; doing nothing through rivalry or through conceit, but in humility, each counting others better than himself; each of you not just looking to his own things, but each of you also to the things of others. Have this in your mind, which was also in Christ Jesus, who, existing in the form of God, didn't consider it robbery to be equal with God, but emptied Himself, taking the form of a servant, being made in the likeness of men. And being found in human form, He humbled Himself, becoming obedient to death, yes, the death of the cross.

**Romans 12:14-21** Bless those who persecute you; bless, and don't curse. Rejoice with those who rejoice. Weep with those who weep. Be of the same mind one toward another. Don't set your mind on high things, but associate with the humble. Don't be wise in your own conceits. Repay no one evil for evil. Respect what is honorable in the sight of all men. If it is possible, as much as it is up to you, be at peace with all men. Don't seek revenge yourselves, beloved, but give place to God's wrath. For it is written, "Vengeance belongs to me; I will repay, says the Lord." Therefore "If your enemy is hungry, feed him. If he is thirsty, give him a drink. For in doing so, you will heap coals of fire on his head." Don't be overcome by evil, but overcome evil with good.

**James 1:22** But be ye doers of the word,  
and not hearers only, deceiving your own  
selves.

**Ephesians 4:1-3** I therefore, the prisoner in the Lord, beg you to walk worthily of the calling with which you were called, with all lowliness and humility, with patience, bearing with one another in love; being eager to keep the unity of the Spirit in the bond of peace.



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