

## HOW TO LOVE

### Forbearing

#### I. Colossians 3:12-14, Ephesians 4:1-3-We are told two times in our dealings with people to forbear

- A. Forbearing one another is connected to our loving one another
  - 1. Ephesians 4:2-Forbearing one another in love
  - 2. Colossians 3:13-Forbearing and forgiving one another and put on love
  - 3. To love people you we are going to have learn how to forbear people
- B. Colossians 3:12-13-You can't forbear and forgive if you don't put these on 1) Compassion/Mercy 2) Humility 3) Meekness/Gentle 4) Longsuffering/Patience
  - 1. You put the armor of God on to stand against the wiles of the devil, but you clothe yourself with compassion, humility, meekness, and patience to deal with each other-Ephesians 6:12
  - 2. If you don't put on what he tells you to in verse 12 then you can't do verse 13
  - 3. You own these things, but if you don't put them on you won't have them on; It's like owning clothes and not putting them on
  - 4. If you'd put these things on it'd be much easier for you to act right in your dealings with people
  - 5. Ephesians 4:1-3-We see the same types of things in this verse: Lowliness, meekness, longsuffering and then forbearing
  - 6. **Here's what it's going to take to love people 1) Compassion/Mercy 2) Humility 3) Meekness/Gentleness 4) Longsuffering/patience**

#### II. Forbear definition

- A. Forbear-Webster's 1828
  - 1. The exercise of patience and indulgence
    - a. To treat with indulgence (mild, not severe, favorable) and patience; To spare
    - b. Indulgence (lenience, understanding, tolerance) towards those who injure us (wrong us)
  - 2. Lenity-Mildness of temper; softness, tenderness, mercy (as opposed to severe hard)
  - 3. Delay of resentment or punishment; To be patient, Longsuffering
    - a. Rather than be resentful and angry with you, I'm going to delay my anger
    - b. Part of forbearance is how long can you delay your anger and be patient?
    - c. Rather than get mad and resentful and be offended and hold unforgiveness I'm going to delay that and suffer long
  - 4. Command of the temper, Restraint of passions
    - a. A ceasing or restraining from action; Ceasing, pausing, withholding from action; To pause, to delay; To stop, to cease, to abstain

- 1) I'm going to restrain from action, I'm going to pause, I'm going to delay rather than fly off the handle and take offense
  - b. To hold one's self from motion or entering on an affair; To hold from proceeding
    - 1) I'm just going to hold my self from motion, from being mad, taking offense, talking critically and judging
  - c. To restrain from action or violence
    - 1) I'm going to restrain from getting mad and taking offense and judging
  5. Rather than being hard and harsh and unfavorable I'm going to give you some lenience and understanding and I'm going to be mild and tender and show you some mercy and I'm going to delay my resent and my anger and I'm going to be patient with you and exercise some longsuffering and I'm going to pause and restrain from getting in the flesh and being mad and taking offense and talking critically and just give you some time
- B. Forbearance-Greek
1. To hold one's self erect and firm (against any person or thing)
    - a. That gives the picture that something is trying to move you and against the pressure you are standing firm
    - b. The idea is that people's actions or words might be trying to move you off of the love of God, but rather than being moved you're going to forbear what their doing and not be moved by the pressure of it
  2. To bear-To support or sustain without sinking or yielding
    - a. I'm sustaining faults of others, the poor treatment of others without sinking and yielding to my flesh
    - b. To sustain-To endure without falling or yielding, uphold, to support, to hold to keep from falling
    - c. Rick Renner-To put up with, to endure, or to bear up under. Yet this word doesn't portray the sufferer as one who simply surrenders to defeat, but rather as one who exhibits an attitude of fortitude and resistance to such negative forces
  3. To bear (with **equanimity**-evenness of mind, that calm temper or firmness of mind which is not easily elated or depressed, which sustains prosperity without excessive joy and adversity without violent agitation of the passions or depression of spirits)
    - a. This gives the picture whatever is trying to move you is not moving you one bit; you're staying level, the same
    - b. The idea is while you are forbearing you are level and really probably nobody knows you are forbearing
- C. Nehemiah 9:29-30-Yet many years you did forbear them

1. 17-This is forbearance-What they are doing is not right, God doesn't like it, but he's going to withhold action, pause, delay, abstain from action; He's going to exercise patience, longsuffering and treat them with indulgence (mildly, not severe, favorable), He's going to spare them and be lenient and understanding; He's going to bear it with equanimity, without sinking or yielding, He's going to stand firm in mercy and compassion and not let their faults, their stupidity move Him
2. 19-This is forbearance-They built a golden calve and told the people this is the god that brought you out of Egypt and yet God delayed punishment and was patient and restrained himself from action
3. 27-31-They kept rebelling and then coming back and then rebelling and even when God would give them into the hands of their enemies He didn't totally consume them and by not doing that He is forbearing
  - a. *MSG-You put up with them year after year and warned them by your spirit and through your prophets; But when they refused to listen you abandoned them to foreigners. Still, because of your great compassion, you didn't make a total end to them. You didn't walk out and leave them for good; yes, you are a God of Grace and compassion*
4. You see God exercising forbearance. They are doing things that he doesn't like, things that are not right in His eyes, things that could really irk Him and anger him, but He's being gentle, dealing with them mildly, delaying punishment and anger, giving them time, being tender with them showing them mercy and even when He does have to give them into the hands of their enemies to wake them up He does it in such a way that they are not totally consumed

D. Romans 2:4-God is rich in forbearance

1. God doesn't delay punishment, judgment and anger because he's okay with sin, he delays it so that you'll see is kindness and repent
2. *VOICE-So you can see there are no excuses for any of us. If your eyes shift their focus from yourselves to others—to judge how they are doing—you have already condemned yourselves! You don't realize that you are pointing your fingers at others for the exact things you do as well.<sup>2</sup> There's no doubt that the judgment of God will justly fall upon hypocrites who practice such things. <sup>3</sup> Here's what is happening: you attack and criticize others and then turn around to commit the same offenses yourselves! Do you think you will somehow dodge God's judgment? <sup>4</sup> Do you take the kindness of God for granted? Do you see His patience and tolerance as signs that He is a pushover when it comes to sin? How could you not know that His kindness is guiding our hearts to turn away from distractions and habitual sin to walk a new path?<sup>a]</sup>*

E. We've been so quick to judge and condemn and be critical and throw people into the pit in a mad rage

1. Forbearance questions
  - a. How much can you put up with?
  - b. How long can you delay your judgment and critique and anger?

- c. How hard are you on others?
  - d. Do you give people in lenience and understanding?
  - e. Can you be tender? Can you show people mercy?
  - f. Do you every delay your anger and resentment and give people time?
2. Just because you forbear doesn't mean that you're saying what they're doing is okay or right or no big deal
  3. Here's something that will help you forbear – It's not your job to go around judging everybody and fixing everything that's wrong with everybody; you are to forbear and forgive people not fix people; if there is something wrong with them forbear and forgive
  4. Lack of accountability is not forbearance it's neglect
    - a. There needs to be accountability in families and in organizations because there's accountability in God's kingdom and things that are wrong shouldn't be allowed to go on and on and on and on
    - b. People that don't like confrontation and correction can sometimes fall into the ditch of forbearance and everybody gets to do whatever the want even if it's wrong for as long as they want and it's okay
    - c. Romans 11:22-There's a severity to God and if you disobey him and refuse to repent you're going to see the severe side
      - 1) There's a time to be severe and a little more stern, but that's only to wake the person up to just how serious this is

### III. How To Forbear

- A. Make allowances for one another
  1. Colossians 3:12
    - a. NLT-Make allowance for each other's faults, and forgive anyone who offends you.
    - b. EXB-Make allowances for and be patient with
  2. Ephesians 4:2
    - a. TLV-Be humble and gentle. Be patient with each other, making allowances for each other's faults because of your love
    - b. NLT-Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love.
  3. Is it okay with you that everybody is not perfect like you; are people allowed to not have it all together? Is it okay with you that they are not perfect? And when they aren't can you tolerate it and put up with it and stay in love?
    - a. Can you forbear the imperfections of other people?
- B. Endure whatever come with a good temper – Be cool

1. Colossians 3:12
  - a. AMP-Which is tireless and long-suffering and has the power to endure whatever comes, with a good temper
  - b. TLB-Don't worry about making a good impression on them, but be ready to suffer quietly and patiently. Be gentle and ready to forgive
2. When something happens that you don't like can you not fly off the handle and be offended and judge unfavorably and talk bad about people and be critical?
  - a. Part of forbearing is you go right through with a good temperament 😊😊😊

C. Put up with one another

1. Ephesians 4:2
  - a. VOICE-Be humble. Be gentle. Be patient. Tolerate one another in an atmosphere thick with love.
  - b. CEV-Always be humble and gentle. Patiently put up with each other and love each other.
  - c. BBE-With all gentle and quiet behavior, taking whatever comes, putting up with one another in love
  - d. NIRV-Don't be proud at all, be completely gentle. Be patient. Put up with one another in love.
  - e. NAS-Showing tolerance for one another in love
2. Colossians 3:12-13
  - a. Philips-Accept life and be most patient and tolerant with one another always ready to forgive if you have difference with anyone
3. Put up with each other is different that put up with each other IN LOVE
  - a. Our ability to put up with one another has not been that good

D. Don't be hard on others

1. Ephesians 4:2-NLV-Live and work without pride. Be gentle and kind. Do not be hard on others. Let love keep you from doing that.
2. Part of forbearing is being gentle, giving people some room to grow, some time, some leniency and if you're hard and severe with every person who does something wrong in your eyes that you're not operating in forbearance