

Forgiveness

Series: Relationships

Why Should I Forgive?

1. Because God Has Forgiven Me

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” Ephesians 4:32

“Remember, the Lord forgave you, so you must forgive others.” Colossians 3:13

“God forgave all our sins. He canceled the record that contained the charges against us. He took it and destroyed it by nailing it to Christ’s cross.” Colossians 2:13-14

2. Because Resentment Doesn’t Work

“To worry yourself to death with resentment would be a foolish, senseless thing to do.” Job 5:2

“You are only hurting yourself with your anger!” Job 18:4

3. Because I Need Forgiveness

“For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.” Matthew 6:15

How Do I Forgive?

1. Remember We’re All Imperfect

“Not a single person on earth is always good and never sins.” Ecclesiastes 7:20

2. Relinquish My Right To Get Even

“Never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it.” Romans 12:19

You Have Two Options For Dealing With Hurt

Rehearse It or Release It

3. Repeat The Process As Often As Needed

“Peter asked, ‘Lord, how often should I forgive someone who sins against me? Seven times?’
‘No,’ Jesus replied, ‘seventy times seven!’” Matthew 18:21-22

4. Refocus On God’s Way Of Living

“Put your heart right. Reach out to God... Then face the world again, firm and courageous.
Then all your troubles will fade from your memory, like floods that are past and remembered no more.” Job 11:13-16

Three Steps

- 1) “Put your heart right”
- 2) “Reach out to God”
- 3) “Face the world again”