

FORGIVENESS 101

Hebrews 12:15 See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.

THE WAY OUT:

I. _____ THE PAIN:

Job_5:2 a Resentment kills a fool,
and envy slays the simple.

II. ANSWER THE CHALLENGE: FORGIVE

Forgiveness isn't: a feeling, excusing, forgetting and reconciliation.

Forgiveness (defined by Charles Stanley)—“forgiveness is giving up my right to hurt you for hurting me.”

Ken Sande's promises of forgiveness: (this is three of four)

I Promise I won't dwell on this incident.

I promise I won't bring up this incident and use it against you.

I promise I won't talk to others about this incident.”

Ephesians 4:11 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

Colossians 3:13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

Matthew 18:21ff The Parable of the Unforgiving Servant

III. THE FORGIVENESS _____

A. FORGIVE REPEATEDLY

“Forgiveness is not an occasional act, it is a permanent attitude.” –Martin Luther King Jr.

1 Corinthians 13:5 It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

B. UNDERSTAND FORGIVENESS _____

C. FIND THE _____--REMEMBER YOU ARE FORGIVEN

“To be a Christian means to forgive the inexcusable, because God has forgiven the inexcusable in you.”
C.S. Lewis

Martin Luther calls forgiveness “the primary and foremost duty of Christians.”

Colossians 3:13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you

MOTIVATION PART TWO--WARNING ABOUT UNFORGIVENESS

Matthew 6:15 But if you do not forgive others their sins, your Father will not forgive your sins.

“Without forgiveness there is no future.” –Desmond Tutu

“Forgiveness is a decision; healing from the emotional injury is a process.” Bev Smallwood

HOW? –RESOURCES

“Forgiveness is a process rather than an event.” (Walking Into Walls Stephen Arterburn, 54)

Book recommendations:

Forgive and Forget and The Art of Forgiving by Lewis Smede

The Choosing To Forgive Workbook by Les Carter and Frank Minirth

Go see a Christian counselor.

Take the next step!

My Commitment To Forgiveness (This Wasn't Supposed To Happen To Me, Bev Smallwood, 157)

My shortened version:

This day, I choose to forgive, freeing myself from the emotional poison of bitterness. No longer will I allow hostilities and resentments to contaminate my body, my thoughts, my attitudes and my relationships.

Beginning today, I will not allow myself the seductive, destructive luxuries of dwelling on the offenses, fantasizing or implementing revenge, or in any way making myself personally responsible for justice. No I am choosing to forgive, and I will continue to affirm that choice.

While I will protect myself from lingering, genuine threats by setting boundaries, I will be diligent in showing courteous and kind actions. With God's help, I will be healed as I choose to walk this path of love, step by difficult step. I reclaim my loving nature, I choose forgiveness.

(my shortened version, That Wasn't Supposed To Happen To Me, Bev Smallwood, 157)