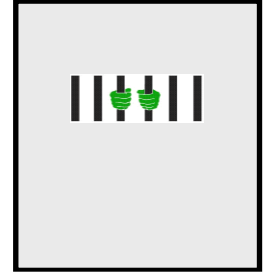


Forgiving Others

"I can do all things through God who strengthens me."
Philippians 4:13

1. Why Forgiveness is Important.

- God commands us to forgive.
 - Read Eph 4:32, Col 3:13
- Unforgiveness gives the devil a foothold for destruction.
 - Read Eph 4:26-27
- Unforgiveness hinders grace.
 - Hebrews 12:15, Jam 1:20, Titus 1:15-16
- Through forgiveness, we "gain Christ."
 - Read Philippians 3:7-11



2. Unforgiveness Hurts You!

- Eph 4:31 Let all bitterness and wrath and anger and clamor and slander be put away from you along with all malice.
 - Who do these underlined characteristics describe:
 - The person who hurt you
 - Or you--the one who was hurt

3. Forgiving Others Releases You!

- Eph 4:32 Be kind to one another, tenderhearted, forgiving each other, just as God in Christ also has forgiven you.
 - According to Eph 4:32, how do we "put away" bitterness, wrath, anger, clamor, slander, and malice as underlined above in verse 31?
 - Why do we forgive?

4. What is Forgiveness?

(Check every statement below that is true forgiveness.)

- _____ Forgiving is forgetting.
- _____ Ask God to forgive them.
- _____ What's done is done, so just forget about it.
- _____ Act like it never happened.
- _____ Turn the other cheek.
- _____ Time heals all wounds.
- _____ They didn't mean it or even know they hurt me.
- _____ Going to the other person and telling them you forgive them.
- _____ Restoring the broken relationship.
- _____ The offender gets off Scot-free.
- _____ Forgiveness is a teaching of Jesus that we need to learn.
- _____ None of these are real forgiveness.

5. Biblical Forgiveness

- Read Matthew 18:21-35 (vs. 27)

6. Inventory the Debt Owed You.

<p><u>Bodily losses:</u></p> <ul style="list-style-type: none"> -physical abilities -physical pain from abuse -hearing, sight -inability to have children -scars -health issues; ulcers, hives, etc. <p><u>Material losses:</u></p> <ul style="list-style-type: none"> -loss or theft of money -loss of home or assets or possessions 	<p><u>Mental or emotional loss:</u></p> <ul style="list-style-type: none"> -confusion -fear -anxiety <p><u>Loss through lies believed about self as a result:</u></p> <ul style="list-style-type: none"> -I am no good. -I am not liked -I am dirty -I can't succeed. -I am ugly. -I am hopeless. -I am a failure. -I am not loveable. <p><u>Effects it had on your life:</u></p> <ul style="list-style-type: none"> -loss of innocence -loss of privacy -loss of parent/family -loss of friends
<p>Offender's Name: Debt(s) Owed:</p>	<p>Offender's Name: Debt(s) Owed:</p>

7. Important Truths Regarding Forgiveness

1. Forgiveness is an act of the will, done by faith before God and enabled by the indwelling life of Christ. Philippians 4:13 says, "I can do all things through God who strengthens me."
2. Forgiveness is giving up our right to hold another person accountable for their wrong behavior and entrust their discipline to God.
3. The offender will never be able to restore what was lost or undo the hurt; however, that which is impossible with man is possible with God. (Psa 103:1-5, Jer 17:14)
4. Forgiveness is God's way to release you from the pain and release you from the power the offender has over you by taking all unto Himself and exchanging it for His peace.

8. Prayer of Forgiveness

Father God,

I choose to forgive (offender's name) for (list debts owed). By faith, I choose to release (offender's name) into your hands and pray that you bless them according to their needs.

Also, I choose to stop trying to protect myself, get revenge, or to meet my needs through (state flesh patterns).

Jesus, take all of the pain and bitterness from the hurt and loss unto Yourself and exchange it for your peace. Thank you, Jesus, for not only taking back the lost ground from the offense, lies, and un-forgiveness, but also for renewing my mind, my will, and my emotions by the washing of the Holy Spirit. In the name of Jesus, I pray. Amen!

9. Continual Forgiveness

- Matt 18:21-22 Jesus said, "seven times seventy."
- Luke 6:28-33 "Bless those that curse you, pray for those who mistreat you."
- Forgiving does not remove the memory. Thank God that you have forgiven if feelings arise.