

Forgiveness

Give forgiving correctly worksheet

Teach:

What are the consequences to unresolved hurt and anger? We begin coping with it in our flesh.

The Power of Forgiveness

One of the central purposes of the cross was for forgiveness. Guilt is probably the largest cause of sleeplessness, stress related illnesses, and anxiety. One Christian doctor said that, "85% of my patients could leave the hospital if they only knew they were forgiven".

Anger is a valid emotion. Look at Ephesians 4:26 (read)

Anger may be a result of ...

1. Blocked goals
2. Violated rights
3. Unmet expectations
4. Experiencing unfairness

BUT we should not leave it unresolved or let it lead to sin.

We are to walk in love, kindness, and forgiveness according to Ephesians 4:32.

Forgiveness is

1. To grant free pardon for or remission of an offense, a debt, etc.
2. To cease to feel resentment against.

Colossians 2:12-14 "having forgiven you all trespasses" (Read) Is 43:25, Jer 31:34 – not remember, never bring up)

Forgiveness Taught Before The Cross

1. Matt. 6:12-25
2. Matt. 18:21-35

Forgiveness Taught After The Cross

1. Ephesians 4:32
2. Colossians 3:13 (forgive as God does)
3. Colossians 2:13
4. 1 John 1:9 (confess is to agree with God, for unbeliever)
5. 1 John 2:12 - Confession vs. asking for forgiveness

Forgiveness is not:

- Not feeling angry any more.
- Justifying, rationalizing or explaining away one's rejecting behavior.
- Letting the passage of time take care of the hurt.
- Forgetting.
- Asking God to forgive them through me.
- Denying or acting as if it never happened or didn't hurt.
- Asking them to forgive you.
- Being reconciled or restored to a proper relationship.

Reconciliation and Forgiveness

II Cor. 5:18-20 describes the process of reconciliation beginning with God towards man and then through man towards God. *"Now all these things are from God, who reconciled us to Himself through Christ and gave us the ministry of reconciliation, namely, that God was in Christ reconciling the world to Himself, **not counting their trespasses against them**, and He has committed to us the word of reconciliation. Therefore, we are ambassadors for Christ, **as though God were making an appeal through us**; we beg you on behalf of Christ, be reconciled to God."*

(Heb 12:15 – anger become bitterness, ex. Plant root, Eph 4:26-32 – resolve quickly or a door for the enemy)

Forgiveness is *not* always reconciliation but reconciliation includes forgiveness

Reconciliation is often impossible

- It requires two parties
- One party may be unwilling or unavailable

- Forgiving the offender face to face.
- Baking a cake, being nice, or turning the other cheek.

*** Forgiveness is an act of my will, a choice!**

Reasons Why People Do Not, Will Not Forgive

- Don't want to give up anger because it keeps a person from feeling hurt.
- An excuse for not having a relationship with someone.
- An excuse for their present behavior and feelings.
- The offense was too great.
- They don't see that they offended me.
- They are not sorry.
- They never asked to be forgiven.
- I'll forgive if they promise to never do it again.
- They did it deliberately.
- If I forgive them, they will win.
- Someone has to punish them.
- Something keeps me from forgiving. I just can't.
- I will be a hypocrite if I forgive them because I don't feel like forgiving.
- I will forgive, but I will not forget.
- They haven't stopped doing what hurts me.

Who Should You Forgive?

1. **Family, friends**, living, deceased, no contact, constant contact, strangers, names forgotten.
2. **Yourself** (Often our biggest enemy is ourselves. Forgiving ourselves is equivalent to accepting God's forgiveness of our selves.)
3. **God** (God would never "sin" against us, but we often become very angry towards Him for *perceived wrong*. This anger and expectation from God must be released before we can experience freedom).
4. **Groups or classes of people** Often we are hurt by groups of people such as 'men', 'government', and certain races, or classes of people.

What Should You Forgive?

1. All offenses that God brings to mind. Psalms 139:23,24
2. The severity of the offense doesn't negate its importance.

Why Should You Forgive?

1. He forgave us.
2. It Is Our New Nature To Forgive.
3. Obedience To God.

When Should You Forgive?

Now!

Where Should You Forgive?

Anywhere!

Results of Forgiveness

1. Flesh expressions decrease (Anger, critical attitude, humor as mask)
2. Experience Freedom

Forgiveness Exercises

1. Forgiving Correctly worksheet (working through this week)
2. The Empty Chair
3. Balloon Method (The Confident Woman)
4. The Cross and Nails

a. **Acknowledge The Hurt**

Relate aloud incidents/attitudes of offender resulting in injury to you.

b. **Acknowledge How It Made You Feel**

Recall and relate the messages communicated to you about yourself.

c. **Release The Person**

from any perceived debt. Forgive at the emotional awareness level.

d. **Accept The Person Unconditionally**

just as they are without them having to change to be accepted by you or for you to gain acceptance Surrender your rights to change them.

e. Be willing to risk **Being Hurt Again** by this person or the memory of their offenses or attitudes again.

Walking In Forgiveness

How do we deal with future offenses?

I forgive and keep accounts at zero

What if the person never changes?

That is God's problem

What if my feelings don't change?

That is God's problem

*** watch NOOMA - Luggage**

Suggest Resources:

How to Forgive...When You Don't Feel Like It

How to Stop the Pain



Forgiving Correctly

1. What are the consequences of unresolved hurt and anger?
(hurt – anger – coping mechanisms or flesh)
 2. Unresolved hurt and anger may lead to many types of defenses such as:
Compulsive work, perfectionism, superficial relationships, critical attitude, avoiding, bad habits, busyness, humor, repressed feelings, self-pity, etc...
 3. Is anger a valid emotion for a Christian to have?
According to Ephesians 4:26, yes...getting in touch with it is the first step
 4. What are we commanded NOT to do with our anger?
According to Ephesians 4:26-27, go to bed on it, leave unresolved, and let it lead to sin
 5. What are we to do with our anger?
According to Ephesians 4:31 and Colossians 3:8, we are to put it away or cast it off
 6. What are we called to do? And who is our standard or example to follow?
According to Ephesians 4:32 and Colossians 3:12-13, we are to walk in love, kindness, and forgive those who have hurt us just as Christ forgave us.
 7. How did God forgive us?
According to Colossians 2:12-14, totally and completely, He cancelled the debt against us
 8. What happens to our offenses when we are forgiven by God?
According to Psalm 103:12, Isaiah 43:25, and Jeremiah 31:34, He removes them, He remembers them no more, He does not remind us of it anymore, and it is finished.
 9. Forgiveness is not...
 - Not feeling angry any more.
 - Justifying, rationalizing or explaining away one's rejecting behavior.
 - Letting the passage of time take care of the hurt.
 - Forgetting.
 - Asking God to forgive them through me.
 - Denying or acting as if it never happened or didn't hurt.
 - Asking them to forgive you.
 - Being reconciled or restored to a proper relationship.
 - Forgiving the offender face to face.
 - Baking a cake, being nice, or turning the other cheek.
- **Forgiveness is an act of my will, a choice!**

10. Read Matthew 18:21-35, a parable Jesus taught on forgiveness and list important aspects of forgiveness:

- Forgiveness is a gift we do not deserve
- Forgiveness is canceling the debt owed
- Forgiveness is received from God as a gift and to be passed on to others
- Forgiveness is freedom from personal torture and inner torment

11. What is involved in forgiving someone?

- Try a forgiveness exercise along with these steps
- Acknowledge the hurt
- Acknowledge how it made you feel
- Release the person
- Accept the person unconditionally
- Be willing to be hurt again

12. Walking in Forgiveness

- What if the person hurts me again? Keep accounts at zero
- What if the person never changes? God's problem
- What if I forgive and my feelings don't change? God's problem

Forgiveness Exercise

Write down the person, event and how you felt during the deepest hurts of your life. Then, choose to forgive each one by walking through steps in #11.

Name	Event	How I felt

Bibliography

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