

Forgive Us Our Trespasses, As We Forgive Those Who Trespass Against Us

LESSON 6: FORGIVENESS IS A CHOICE

Matthew 6:33 states “But seek first the kingdom of God and his righteousness, and all these things will be provided for you.” To me this means pursuing a relationship with our Creator as the loving Father he wishes to be to us. We not only should honor his holiness, but we should acknowledge his sovereignty in heaven and in each of our lives. This makes us kingdom builders and contributors to God’s plan for the universe. Once we do that, then he becomes the provider both physically, emotionally, and spiritually in our lives. Our daily bread is the first request on our lips, forgiveness is the second.

1. There are two types of sins. Sins of commission (an act of committing something willfully) and those of omission (good acts left undone, perhaps unknowingly).

We say in our prayer book this confession: Most merciful God, we confess that we have sinned against thee in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved thee with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of thy Son Jesus Christ, have mercy on us and forgive us; that we may delight in thy will, and walk in thy ways, to the glory of thy Name. Amen.

What does Romans 3:23 say about sin?

2. What does Matthew 6:14-15 say about forgiveness? Is there someone in your life who has hurt you or a loved one, and you are finding it hard to forgive them? Remember, forgiveness is not a feeling but a decision of the will. Write out a prayer asking your loving Father to move in your heart and help you to forgive.

3. Guilt and fear are two emotions that plague human beings who embrace unforgiveness of themselves. What are some of the physical effects of unforgiveness of ourselves or others? Emotional effects? Spiritual effects?

4. Reading in John 14:25-27, who can help us achieve this peace? What does Philippians 4:4-9 say about peace?

5. Read Romans 7:15-25 and Romans 8:1. Do you ever feel as Paul did in the Romans 7 verses? What is our hope that dispels fear?

6. What did Jesus say on the cross in Luke 23:34? What do his words mean to you especially about forgiving others and forgiving yourself?

APPLICATION: Forgiveness should be a daily exercise in our Christian walk, either forgiving others or forgiving ourselves. Pray and ask the Lord to reveal to you an area in your life he wants to clean up. Ask His forgiveness and feel the peace which passes understanding.

PRAYER: Most grace filled and loving Father, we are awed and humbled by your heart of understanding for each of your children. Help me daily to forgive so that the devil does not get a foothold in my life or in my relationships. (Ephesians 4:26,27). Give me grace to forgive myself remembering always that there is no sin so great that it cannot be covered by the blood of Jesus. We praise you for your Son, Jesus, who died so that our sins would rest on him and not on us. May His name be always glorified on my lips. Amen.