

How to Live through a Bad Day  
Forgive Them  
February 21, 2021

**Hebrews 12:2 (MSG)** Keep your eyes on Jesus, who both began and finished this race we're in. **Study how he did it.** Because **he never lost sight** of where he was headed—that exhilarating finish in and with God—he could put up with anything **along the way:** Cross, shame, whatever. And now he's there, in the place of honor, right alongside God.

**Luke 23:34** Jesus said, "Father, forgive them, for they do not know what they are doing."

**Key Statement:** \_\_\_\_\_ who's trying to ruin your life.

**Matthew 24:10** "And then **many will be offended**, will betray one another, and will hate one another."

**Luke 17:1** Then He said to the disciples, "It is **impossible that no offenses should come...**"

**Proverbs 18:19** An offended brother is more **unyielding** than a fortified city, and disputes are like the **barred gates** of a citadel.

Jesus experienced:

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**Hebrews 2:17-18 (MSG)** That's why he had to enter into **every detail of human life.** Then, when he came before God as high priest to get rid of the people's sins, he would have already **experienced it all himself**—all the pain, all the testing—and would be able to help where help was needed.

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**1 Peter 4:1 (NCV)** Since Christ suffered while he was in his body, strengthen yourselves with the **same way of thinking Christ had**.

**Matthew 6:14-15** “If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.”

**Hebrews 12:15** Look after each other so that none of you fails to receive the grace of God. Watch out that no **poisonous root** of bitterness grows up to trouble you, corrupting many.

Steps to Forgiveness:

1. \_\_\_\_\_ the offended person from your judgement.

2. \_\_\_\_\_ and \_\_\_\_\_ for that person.

**Luke 6:27-28** “...Love your enemies! Do good to those who hate you. Bless those who curse you. Pray for those who hurt you.”

3. \_\_\_\_\_ the person who has offended you.

**Romans 12:21** Don’t let evil conquer you, but conquer evil by doing good.

4. Do not \_\_\_\_\_ up the hurt in the future.

**Psalm 103:12** He has removed our sins as far from us as the east is from the west.

5. \_\_\_\_\_ this process, until you feel a genuine release.

**Matthew 10:8** “...Freely you have received, freely give.”

**Walk Away:** The forgiven \_\_\_\_\_.

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