

RELATIONSHIPS.

Is there an app for that?



A photograph of three people walking in a grassy field at sunset. The sun is low on the horizon, creating a warm, golden glow. The person on the left is a man with tattoos, wearing a grey tank top and khaki pants. The person in the middle is a woman with long dark hair, wearing a patterned top and light blue jeans. The person on the right is a man wearing a white tank top and a plaid shirt over his shoulders. The text "Forgiveness: The Real 'F' Word" is overlaid in white, bold, sans-serif font across the center of the image.

Forgiveness: The Real "F" Word



When you say yes to covenant, loving God, receiving His love and loving yourself the way the Father loves you, then you can love others the way the Father does. That's the healthy starting point for relationships.



3 Common Components of Forgiveness:

- 1. Gain a more balanced view of the offender and the event.**
- 2. Decrease negative feelings towards the offender and potentially increase compassion.**
- 3. Give up the right to punish the offender further or to demand restitution.**

<https://www.psychologytoday.com/blog/the-addiction-connection/201409/the-psychology-forgiveness>



“...forgive us our sins, as we have forgiven those who sin against us. 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.”
Matthew 6:12, 14-15

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Matthew 18:21-35

New Living Translation



“The king was furious and put the screws to the man until he paid back his entire debt. And that’s exactly what my Father in heaven is going to do to each one of you who doesn’t forgive unconditionally anyone who asks for mercy.”

Matthew 18:35

The Message, Copyright © 1993, 1994, 1995, 1996, 2000, 2001, 2002 by Eugene H. Peterson



Answer 4 questions to help us accomplish our goal:

1. What is forgiveness?
2. Why forgive?
3. Who do I forgive?
4. How do I forgive?



4 False Ideas of Forgiveness:

- a. I'll forgive when I feel like it.
- b. Forgiveness is the same as forgetting.
- c. Forgiveness is excusing the sins and violations of others.
- d. Forgiveness depends on a guarantee that they will not do it again.



4 Heart Commitments To Make

When Forgiving:

- a. Think good thoughts about the other person.
- b. Do not bring the situation up and hold it against the other person.



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4 Heart Commitments To Make When Forgiving:

c. Do not talk to others about this — that's gossip.

d. Treat others kindly.



3. Who do I forgive?

- a. Those who offend you.
- b. Those who ask for mercy & forgiveness.
- c. Yourself.
- d. God.



4. How do I forgive?

- a. **Verbalize it.**
- b. **Verbalize it, AGAIN.** - Matthew 18:22
- c. **Memory by memory.** - John 14:30
- d. **Extravagantly.** - Luke 7:45, 15:20
- e. **With trust.** - Matthew 18:35



What can we do now?

1. Pick up a devotional.
2. Verbalize your forgiveness.
3. Receive prayer encouragement & receive healing prayer.
4. Schedule a SOZO (inner healing prayer).
5. Meet with a pastor or counselor if necessary.
6. Embrace quiet and reflective space.
7. Write a descriptive paper or draw a picture of what your life will be like when you forgive.

