

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.



“...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



“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

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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?



1. What is forgiveness?

- a. In its practice? **REQUIRED**
- b. In its function? **RELEASING**
- c. In its approach? **RADICAL**



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 dark tank top. The person in the middle is a woman with long dark hair wearing a patterned dress. The person on the right is a man wearing a white tank top and a plaid shirt over his shoulders. The text is overlaid on the image.

2. Why forgive?

- a. Forgiving partners with love.
- b. Forgiving makes room for justice.
- c. Forgiving liberates ourselves and others.



What can we do now?

1. Pick up a devotional.
2. Ask Holy Spirit, “What does it look like to partner with love this week?”
3. Write your relationship, pain and bitterness on paper and give it to God.
4. Verbalize your forgiveness to others. If not possible, write a forgiveness letter.



What can we do now?

5. Receive encouraging and healing prayer today.
6. Schedule a SOZO (inner healing prayer).
7. Meet with a pastor or counselor if necessary.
8. Be brave and loving.

