

Hey Man – Don't be a Haman!¹

Esther chapter 3-7

“**Forgiveness** is a conscious, deliberate _____ to release feelings of resentment or vengeance toward a person or group who has harmed you, regardless of whether they _____ our forgiveness or not.”²

From the Lord's Prayer: And forgive us our **sins**, as we forgive *those* who sin against us . . .

Our Choices:

1. Forgive it
2. Deny it
3. Hold on to it

(Agagites: Exodus 17:8-16, Number 24:20, I Samuel 15:8-33)

Racism: prejudice, discrimination, or antagonism by an individual, community, or institution against a person or people on the basis of their membership in a particular racial or ethnic group, typically one that is a minority or marginalized.

Prejudice: preconceived opinion that is not based on reason or actual experience.³

¹ References used for sermon: Lewis B. Smedes. *The Art of Forgiving*. 1996.

² “Forgiveness Defined,” University of California at Berkeley, <https://greatergood.berkeley.edu/topic/giveness/definition#how-cultivate-forgiveness>.

Benefits of forgiving others www.hopkinsmedicine.org

- Physical Benefits
- Psychological Benefits
- Deuteronomy 10:13 (NLT) And you must always obey the LORD's commands and decrees that I am giving you today for your own _____.

The cost of unforgiveness:

“I've never seen an unforgiving person _____, even if they are _____” –Psychologist Dr. Henry Cloud

“To forgive is to set a prisoner _____ and discover that the prisoner was _____.” – Lewis B. Smedes

Benediction:

Hebrews 12:15 b Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

Ephesians 3:16-17 (NLT) ¹⁶I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. ¹⁷Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong.

³ Definitions from Oxford Languages.