

The Solidifying Power Of Forgiveness

March 3, 2024

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- Everyone says forgiveness is a lovely idea, until they have something to forgive.” —*C. S. Lewis*
- **Unforgiveness Is A Scheme Of Satan To Outwit Us**
- **(2 Cor 2:10-11 NIV)** If you forgive anyone, I also forgive him. And what I have forgiven--if there was anything to forgive--I have forgiven in the sight of Christ for your sake, (11) in order that Satan might not outwit us. For we are not unaware of his schemes.

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- **Matthew 18:21–22 (NIV) — 21** Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?” **22** Jesus answered, “I tell you, not seven times, but seventy-seven times.
- The Servant Had Been Forgiven Much -- He Wasn't Willing To Forgive Even A Little

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- **GOD FORGIVES: (Lam 3:22-23 NIV)** Because of the Lord's great love we are not consumed, for his compassions never fail. (23) They are new every morning; great is your faithfulness.
- **GOD FORGIVES: (1 John 1:9 NIV)** If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

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What Is Forgiveness?

- It Is Not A Feeling Or Emotion –
- It Is A Decision – Like The Decision To Love
- It Is Also A Promise To Not Remember

- Isaiah 43:25 (NIV) — 25 “I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more. [**ESV** – “*I will not remember your sins.*”]

- In His Forgiveness -- ***God Promises Not To Remember***

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The promise TO FORGIVE INVOLVES three things.

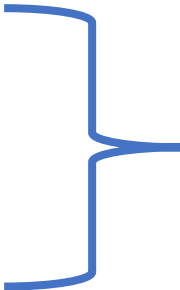
1. I will not bring the matter up to you.
2. I will not bring the matter up to another.
3. I will not bring the matter up to myself.

Adams, J. E. (1989). From forgiven to forgiving (p. 82). Victor Books.

1 Peter 4:8 (NIV) — 8 Above all, love each other deeply, because love covers over a multitude of sins.

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THE REASONS FOR CONFLICT IN MARRIAGE

- 2 People Who Have Differences
 - 2 People Who Are Imperfect
 - 2 Self-centered People
- 
- Coming Together
- A Sign Of Marriage Success Is Seen In How Disagreements And Conflicts That Arise Are Handled

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- **Colossians 3:12–14 (NIV)** — 12 Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. 13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. 14 And over all these virtues put on love, which binds them all together in perfect unity.
- ***Bearing with one another should be our response to unintentional offenses by people***
- ***Forgiveness should be our response to intentional offenses by people***
- **Dream Team – The Power Of 2**

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- ***ALTHOUGH WE MAY NOT BE ABLE TO FORGET --
WE CAN CHOOSE TO NOT REMEMBER!***
- ***Eph. 4:32*** “forgive one another just as God, for Christ’s sake, has forgiven”
- ***FORGIVENESS*** does not mean that any wrongs done to you were acceptable.
- ***FORGIVENESS*** is a key part of not letting those wrongs hurt you any longer.

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- ***FORGIVENESS*** Means You “Cancel A Debt.”
- ***IN FORGIVENESS***, You Step Into A Divine Process Enabled By God
- “Human power alone is not sufficient to reach full forgiveness. There is an element of forgiveness that is divine. It cannot be reached without God.”

-- *Frank Minirth*

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- **FORGIVENESS** is not weakness. It is the most powerful thing you can do.
- **FORGIVENESS** stops the destructive power of Satan in one's life.
- **FORGIVENESS** Is About How Much You Trust God To Take Care Of You -- *The Quick-Reference Guide to Biblical Counseling*

Why We Should Forgive

- **Forgiveness Sets You Free To Move On With Your Life**
- ***It Refuses To Let The Person Who Hurt You Have Any Power Over Your Life.***
- **Forgiveness Opens Your Relationship With God (Matt. 5:43–48).**
- ***We Should Forgive To Keep His Forgiveness Flowing To Us***

Why We Should Forgive

- **Forgiveness Keeps Us From Becoming Bitter And Thus Protects Those Around Us.**
- *We Forgive So That Satan Will Not Get A Foothold In Our Lives*
- **Forgiveness Keeps Us From Becoming Like The Person Who Hurt Us**
- *We Should Forgive, Because We Are Not Perfect.*

Why We Should Forgive

Unforgiveness doesn't hurt the perpetrator; it hurts only you.

There Are Many Benefits Of Forgiveness

- *People Who Do Forgive:*
 - **Benefit From Better Immune Function**
 - **Have Lower Blood Pressure**
 - **Have Better Mental Health**
 - **Feel Better Physically**
 - **Have Lower Amounts Of Anger**
 - **Have Fewer Symptoms Of Anxiety And Depression**
 - **Maintain More Satisfying And Long-Lasting Relationships**

Why We Should Forgive

Scripture Commands Us To Be Forgiving (Matt. 18:21–35)

Our Forgiveness Should Go On Without Stopping

Why We Should Forgive

Forgiveness Is Like A Boomerang

- *Be Forgiving = You'll Be Forgiven*
- *Do Not Forgive = You Will Not Be Forgiven*
- **Mark 11:26 (NKJV)** — 26 But if you do not forgive, neither will your Father in heaven forgive your trespasses.”
- ***We Should Forgive Because Christ Has Forgiven Us***

How Do We Forgive?

- 1. Decide To Forgive**
- 2. Say The Words – “I Forgive”**
- 3. When You Forgive -- Forgive**
- 4. When You Forgive -- Forgive Completely**
- 5. When You Forgive -- Forgive Repeatedly**

How Do We Forgive?

6. Forgiving Is Not The Same As Forgetting

7. Forgiveness And Trust Are Not The Same

8. Only In Forgiving Can We Be Christ-Like

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If You're Harboring Ill Feelings Against Someone

Do For Them What God Has Done For You

Forgive Them!

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- *If Someone Has Done Something To You That's Caused You To Hold Onto Unforgiveness...*
- **Don't Curse It**
- **Don't Rehearse It**
- **Do Reverse It!!**
 - *Pray For Those Who Persecute You*
 - *Make A Conscious Decision To Forgive*
 - *Leave It At The Feet Of Jesus*
 - *Go And Ask For Forgiveness*