

## **DEALING WITH HURTS**

### **Matthew 6:12**

*"and forgive us our debts,  
as we also have forgiven our debtors."*

#### **1. Recognize the importance Jesus places on forgiveness**

*Then Peter came up and said to him, "Lord, how often will my brother sin against me, and I forgive him? As many as seven times?" Jesus said to him, "I do not say to you seven times, but seventy-seven times. (Matthew 18:21-22)*

*And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses." (Mark 11:25)*

#### **2. Remember that God has forgiven you**

*Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. (Colossians 3:12-13)*

*Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. (Ephesians 4:32)*

#### **3. Request God's help with forgiveness**

*These things I have spoken to you while I am still with you. But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you. Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. (John 14:25-27)*

*I can do all things through him who strengthens me. (Philippians 4:13)*