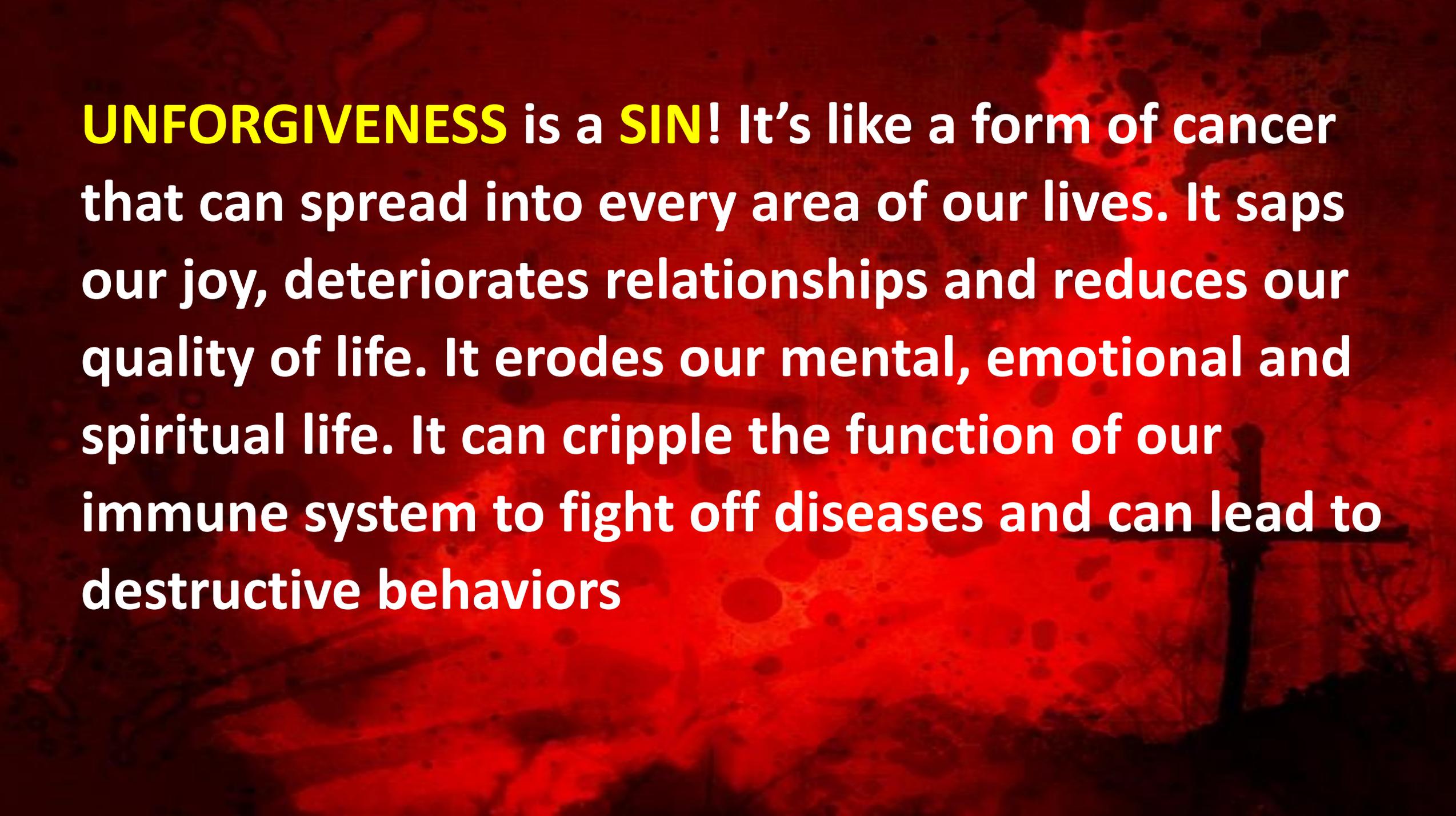


I FORGIVE!



WHAT IS FORGIVENESS?

A one sided emotional transaction in which the canceling of a persons debt results in a heart-felt sense of peacefulness for the person who forgives. It's being able to wish someone well and truly mean it from the heart, even though you may never want or need to see that person again.



UNFORGIVENESS is a **SIN!** It's like a form of cancer that can spread into every area of our lives. It saps our joy, deteriorates relationships and reduces our quality of life. It erodes our mental, emotional and spiritual life. It can cripple the function of our immune system to fight off diseases and can lead to destructive behaviors

**“Be kind and compassionate to one another,
forgiving each other, just as God in Christ forgave
you.”** Ephesians 4:32 NIV



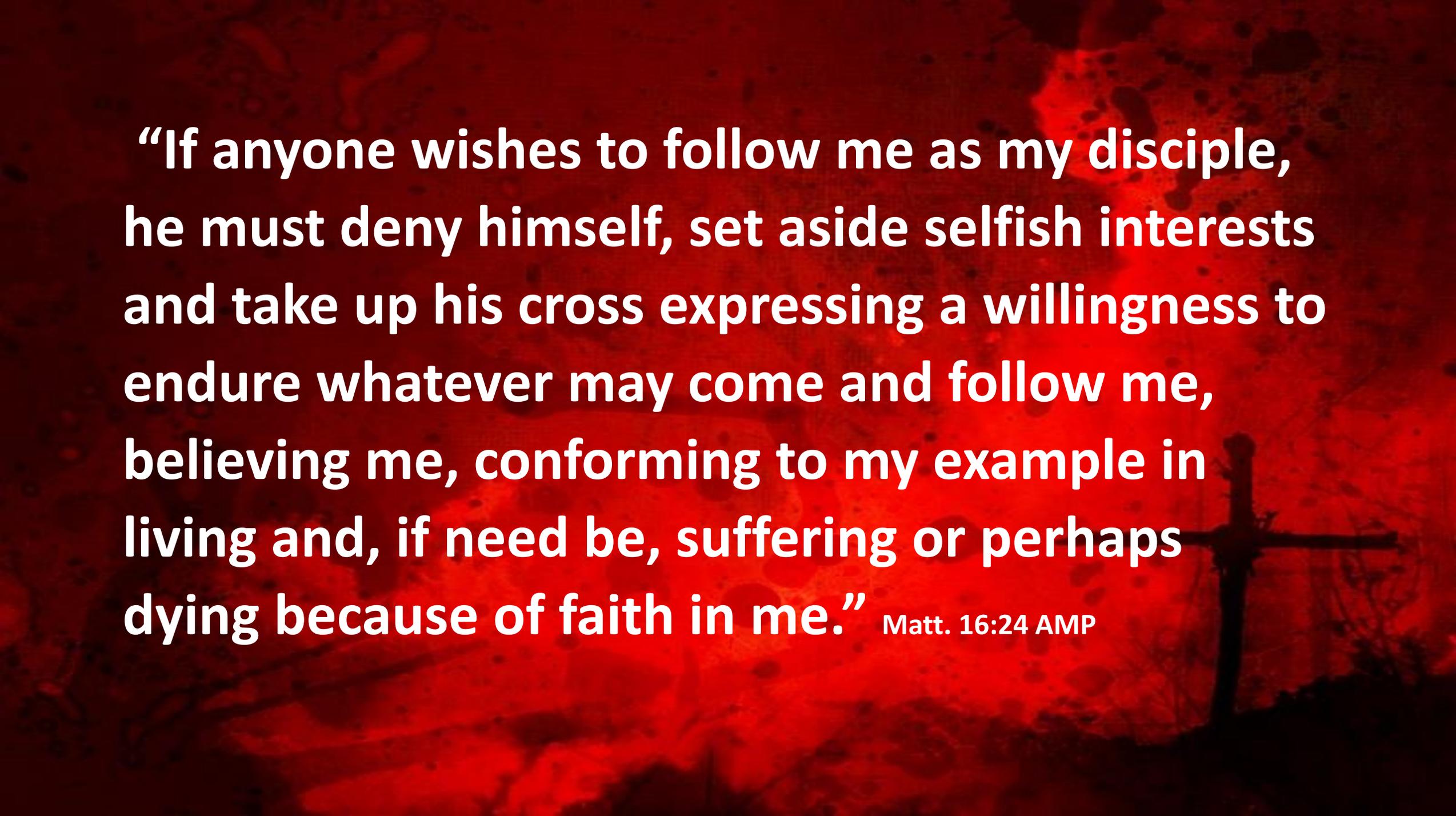
“The one obeys me is the one who loves me.”

John 14:21 LB

**“The one who does NOT love me does NOT keep
my words.”** John 14:21 AMP



“If anyone wishes to follow me as my disciple, he must deny himself, set aside selfish interests and take up his cross expressing a willingness to endure whatever may come and follow me, believing me, conforming to my example in living and, if need be, suffering or perhaps dying because of faith in me.” Matt. 16:24 AMP

The background of the image is a deep red with a mottled, textured appearance. On the right side, there is a dark silhouette of a cross standing on a hill. The overall mood is solemn and dramatic.

“Therefore become imitators of God. Copy him and follow his example as a well-beloved child imitates their father.” Eph. 5:1 AMP



LASTING FORGIVENESS IS IMPOSSIBLE WITHOUT GOD!

“With man this is impossible, but with God all things are possible.” Matt. 19:26 NIV

“There are some things people cannot do, but God can do anything.” Matt. 19:26 CEV

“The stress of unforgiveness negatively affects the human immune system. Forgiveness on the other hand, has an immediate wholesome affect and long-term benefit in strengthening the immune system and positively affecting the healing process.

Pastor Michael Barry author of The Forgiveness Project – Pastoral Care Director of The Cancer Treatment Centers Of America in Philadelphia, PA

THE DESTRUCTIVE DOWNHILL PROGRESSION:

Unforgiveness

Bitterness

Resentment

Anger

Hatred

Violence

Murder



**“See to it that no root of bitterness springs up
and causes trouble and by it many become
defiled.”** Heb. 12:15 ESV



The king “delivered him to the **TORMENTORS** until he paid back the debt he owed.” Matt. 18:34-35 KJV

“To be tortured until he paid his entire debt.” v34

“This is how your heavenly Father will treat each of you unless you forgive your brother and sister from the heart.” v35 NIV

“If you do not forgive others, nurturing your hurt and anger with the result that it interferes with your relationship with God, then your heavenly Father will not forgive your sins.” Matt. 6:15 AMP

“Whatever you ask for in prayer, believe you have received it and it will be yours. But when you are praying, first forgive anyone you are holding a grudge against, so your Father in heaven will forgive your sins too.” Mark 11:25 NLT

**“For we must all stand before Christ to be judged.
We will each receive whatever we deserve for the
good or evil we have done in our earthly body.”**

2 Cor. 5:10 NLT

The Bema Seat

A silhouette of a cross on a hill against a red, textured background. The cross is positioned on the right side of the image, with its vertical post extending upwards and its horizontal beam extending to the left. The background is a deep red with a mottled, almost marbled texture, suggesting a sunset or a dramatic sky. The overall mood is solemn and contemplative.

ASK YOURSELF:

“Is this person, this hurt, pain and disappointment worth my prayers not getting answered?”



**If we want mercy from God we MUST show
mercy to others!**

**“God blesses those who are merciful for they
will receive mercy”** Matt. 5:7 NLT



“The one who does not love has not become acquainted with God, does not and never did know Him – for God is love. He is the originator of love.” ¹

John 4:8 AMP

“If anyone says “I love God” and yet hates his brother or sister, he is a liar; for the one who does not love his brother and sister whom he has seen, cannot love God who he has not seen.” ¹ John 4:20 NASB

“Lord, how many times should I forgive my brother when he sins against me? Up to 7 times? I tell you, not seven times, but seventy times seven times.” Matt. 18:21-22 NIV



“Love that is unselfishly seeks the best or higher good for your enemies and pray for those who persecute you.” Matt. 8:44 AMP

LOVE YOUR ENEMIES!



**Who is it you need
to forgive today?**

