

**Forgive us  
our debts as  
we forgive...**

Matt. 6:12

THE *Lord's*  
PRAYER



THE *Lord's*  
PRAYER

**Forgiveness**

**“And forgive us our debts,  
as we forgive our debtors.”**

*(Matthew 6:12, NIV)*

“For if you forgive other people when they sin against you, your heavenly father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.”

*(Matthew 6:14, NIV)*

**“And forgive us our debts,  
as we forgive our debtors.”**

*(Matthew 6:12, NIV)*

# What forgiveness is NOT:

---

# What forgiveness is NOT:

---

- It isn't **minimizing** the offense

# What forgiveness is NOT:

---

- It isn't **minimizing** the offense
- It isn't **resuming** a relationship without changes

**There's a huge difference  
between **trust** and  
**forgiveness****

# What forgiveness is NOT:

---

- It isn't **minimizing** the offense
- It isn't **resuming** a relationship without changes
- It isn't **forgetting** what happened

# What forgiveness is NOT:

---

- It isn't **minimizing** the offense
- It isn't **resuming** a relationship without changes
- It isn't **forgetting** what happened
- It isn't **forgoing** justice

# What forgiveness is NOT:

---

- It isn't **minimizing** the offense
- It isn't **resuming** a relationship without changes
- It isn't **forgetting** what happened
- It isn't **forgoing** justice
- It isn't **conditional**

“And when you stand praying,  
if you hold anything against  
anyone, forgive them.”

*(Mark 11:25, NIV)*

**How do I forgive?**

# 1. Release thoughts of vengeance

Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.

*(Romans 12:19, NIV)*

Do not take **revenge**, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.

*(Romans 12:19, NIV)*

Do not take **revenge**, my dear  
friends  
wrath,  
aveng  
*(Rom*

- PLANS TO INFLICT PAIN

Do not take **revenge**, my dear  
friends  
wrath,  
aveng  
*(Rom*

- PLANS TO INFLICT PAIN
- GOSSIP

Do not take **revenge**, my dear  
friends  
wrath,  
aveng  
*(Rom*

- PLANS TO INFLICT PAIN
- GOSSIP
- PASSIVE AGGRESSIVE  
PUNISHMENT

Do not take **revenge**, my dear  
friends  
wrath,  
aveng  
*(Rom*

- PLANS TO INFLICT PAIN
- GOSSIP
- PASSIVE AGGRESSIVE  
PUNISHMENT
- REVENGE FANTASIES

“Watch out that no **poisonous root of bitterness** grows up to trouble you, corrupting many.”  
*(Hebrews 12:5b, NLT)*

**Are you being  
poisoned?**

**1. Release thoughts of  
vengeance**

**2. Respond to evil  
with good**

“But to you who are listening,  
I say, **do good** to those who hate  
you, **bless** those who curse you,  
and **pray** for those who mistreat  
you.”

*(Luke 6:27,28, NIV)*

Resentment **villainizes.**

Prayer **humanizes.**

What about **justice**?

“What does the LORD require of you, but to **do justice, love mercy** and **walk humbly** with your God?”

*(Micah 6:8b, NIV)*

A black and white portrait of Bernice King. She is shown from the chest up, looking slightly to the left of the camera with a thoughtful expression. Her hands are clasped together under her chin. She has short, dark, curly hair and is wearing a dark blazer, a ring on her finger, and a large, teardrop-shaped earring. The background is dark and out of focus.

BERNICE KING

“ I struggled with anger and hatred for years. I hated the people who killed my father, I hated white people.”

BERNICE KING



“But my mother kept telling me, someone has to stop the chain. We cannot hate those who killed your father. Your hatred only hurts you.”

BERNICE KING



“Many Christians,  
God set us free  
through Christ, but  
we’ve locked  
ourselves up  
through  
unforgiveness...”

BERNICE KING



“It’s understandable to feel anger, but the choice is, are you going to serve your emotions? Or are you going to serve God?”

BERNICE KING



“Forgiveness does not mean we don’t also — and unrelentingly — do the work of systemic change.”

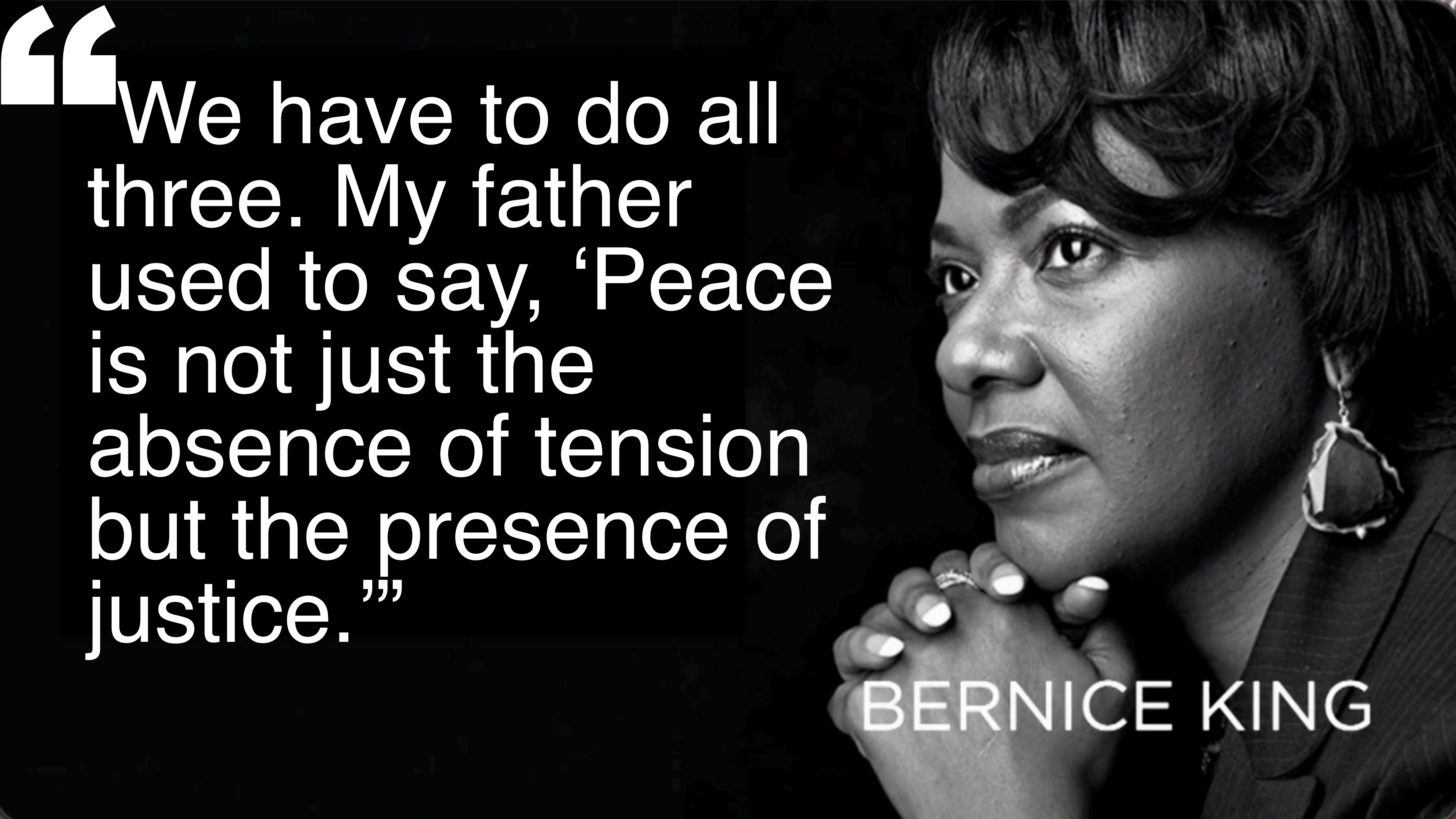
BERNICE KING



“The Bible says to do justice, love mercy, and walk humbly with God.”

BERNICE KING



A black and white portrait of Bernice King, looking thoughtfully to the left. Her hands are clasped in front of her chin. She is wearing a dark suit jacket, a necklace, and large, teardrop-shaped earrings. The background is dark and out of focus.

“We have to do all three. My father used to say, ‘Peace is not just the absence of tension but the presence of justice.’”

BERNICE KING

You can really only seek  
justice **after** you forgive.

## 2. Respond to evil with good

**3. Remember how God  
forgave you**

“Remember, the Lord forgave you,  
so you must forgive others.”  
*(Colossians 3:13b, NLT)*

“Remember, the Lord forgave you,  
so you must forgive others.”  
*(Colossians 3:13b, NLT)*

**4. Repeat *as necessary***

**1. Release thoughts of  
vengeance**

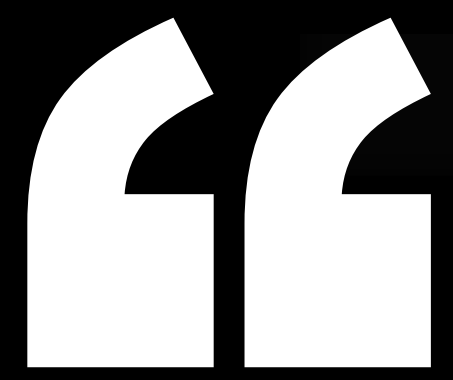
## 2. Respond to evil with good

**3. Remember how God  
forgave you**

Peter asked, “Lord, how often should I forgive someone who sins against me? Seven times?”

“No,” Jesus replied. **“Seventy times seven!”**

*(Matthew 18:21,22, NLT)*



People won't know how to forgive unless we forgive. You are the answer. We are the answer to this broken world, which is in need of reconciliation.”

BERNICE KING



God was in Christ, reconciling the world to himself, no longer counting people's sins against them and **he gave us this wonderful message of reconciliation.**

*(2 Corinthians 5:19, NLT)*

**Who do you need to forgive?**

**Who do you need to forgive?**

**Do you know you are  
forgiven by God?**

Dear God, you know how much I've carried unforgiveness in my heart. But today I want to let it go.

First, I want to accept your forgiveness. Thank you for sending Jesus to wipe out my debts. I don't understand it all but I believe and receive and I'm grateful.

Now because you've forgiven  
me, today I'm choosing to  
forgive \_\_\_\_\_ .  
I'm choosing to overcome evil  
with good.

Jesus Christ, please replace my hurt with your peace. Thank you for your love. I accept my responsibility now to share the good news of forgiveness, the message of peace with others. Amen.

**Forgive us  
our debts as  
we forgive...**

Matt. 6:12

THE *Lord's*  
PRAYER