

But God-2
“We’re Wounded...But God Heals Us”
Matthew 6:12-14 (NIV)

Hey Newsong Church!

I want to take a moment and welcome our first-time guests and those watching right now online!

I want to say how proud I am of you guys...coming together every night for prayer! God is moving...Can you feel it Church?

Let’s lock in for week two...keep asking, keep seeking!

Speaking of week two...

This is week two of our “But God” series! Pastor Barbara did an amazing job kicking off our series...

I'm praying that throughout this series you will have a "But God" experience in your life!

Now if you missed last week...or you just need to be reminded what a But God experience is...

I love PB's definition...

"A "but God" moment is a turning point where God steps into a hopeless, impossible, or difficult situation to change the outcome"

We all need a "but God" moment!

I believe that God wants to do something special in your heart today if you will let Him...

You might be thinking...

Why wouldn't I let Him do something special in my heart? Well...It's because today we're going to talk about forgiveness...

As soon as I say that, you can feel the wall going up...no it's time for a But God moment...a healing moment for you!

I want you to look back on October 11th 2026 and say... “you know what?” I was wounded...But God healed me that day!”

Pray

You know what...there’s one thing that we all have in common...and that is we’ve all experienced what it feels like to be hurt by someone...

Maybe you’re here today and someone
Gossiped about you...
Betrayed you...
Abandoned you...
Lied about you...
Physically abused you...
Spiritually abused you...

We’ve all experienced deep wounds...and sometimes the deeper the wound the harder it is to let go...

Story about my family ghosting me after my brothers funeral

Even now, as I share that with you, I can feel those feelings of deep hurt and anger kind of rising up...

I'm sure that you understand what I'm saying...because we all go through it...we've all been wounded...and we've all struggled to forgive and let it go...

In fact, I came across a survey from the Fetzer Institute on Love and Forgiveness...

They discovered that 58% of Americans agree that there are certain instances, certain crimes committed where people should never be forgiven...

The Barna Research Group noted 1 in 4 practicing Christians struggle to forgive...

Out of 1,000 people polled, 23% said they had a person in their life that they just can't forgive...

We've all struggled to forgive...But God!

One of the big keys that open the door to God's healing is forgiveness!

When we refuse to forgive...the wound stays open...

When we refuse to forgive... the wound starts to get infected...

When we refuse to forgive...the wound starts to spread...

We carry that offense...

We hold on to that grudge...

We harbor bitterness and even hatred...

Unforgiveness is toxic

It's been said that unforgiveness is like setting yourself on fire and hoping that the other person dies from the smoke!

Unforgiveness not only affects us physically, emotionally and even spiritually...

It affects those around us...It affects our other relationships...It even hinders our witness as a follower of Jesus!

As we read the Bible, we see that Jesus talks about forgiveness a lot!

He said in His sermon on the Mount

"7 Blessed are the merciful, for they will be shown mercy-Mt 5:7" (NIV)

In Luke 6 Jesus tells His disciples...

27 "...Love your enemies, do good to those who hate you, 28 bless those who curse you, pray for those who mistreat you.-Lk 6:27-28 (NIV)

We're going to look at what Jesus says when He's teaching us how to pray...You know it...We call it "The Lord's Prayer"

12 and forgive us our sins, as we have forgiven those who sin against us. 13 And don't let us yield to temptation, but rescue us from the evil one. 14 "If you forgive those who sin against you, your heavenly Father will forgive you. 15 But if you refuse to forgive others, your Father will not forgive your sins-Mt 6:12-15 (NLT)

As you can see...Forgiveness for the follower of Jesus isn't an option...I like what Pastor and Author Skip Heitzig says... *"Forgiveness is not an elective in God's curriculum. It's a required subject"*

When we choose to forgive...we're inviting God's healing power into our lives...But when we choose not to forgive, we push away God's forgiveness we push away God's healing power...

We don't heal...we actually just keep on hurting ourselves and those around us!

How many of you remember the game "Angry Birds?" I used to love that game...I played it on the train...

Do you know why the birds were so angry at the pigs? It was because the pigs stole their eggs...

In order to win the game you have to catapult a bird into the stronghold that the pigs have made...

Which means that these birds are using themselves as weapons...they destroy the pigs..but they get destroyed too...

And guess what? There's always another level...

That's how unforgiveness works...

We're like those angry birds...we're bitter and angry because we've been wronged...we've been wounded...we've been offended...

You start messing up your marriage...
You start messing up your friendships...
You start messing up your relationships...

Why?

Because you're set on being angry...
Because someone is going to pay...
Because someone is going to know that they hurt you!

Why do we play angry birds instead of extending forgiveness? I think it's because we don't understand forgiveness

I want to give you three misunderstandings about forgiveness...

We think forgiveness **MINIMIZES** what happened

Some people believe that if they forgive those who hurt them...then it means that what happened wasn't a big deal...

Please understand that what happened to you was a big deal!

You're like...finally we agree on something Pastor Mike! It was a big deal...that's why I'm not letting it go...

They ruined my childhood...

They wrecked my marriage...

They stole my promotion...

They lied to me...

They hurt me deeply...

If I forgive them it's like I'm saying what they did to me was no big deal!

If that's how you're feeling today, I want to let you know that you're not letting them off the hook if you forgive them...You're letting you off the hook!

Forgiveness isn't about them...It's about you!
Your "But God" healing is tied to the person who hurt you!

It's a big deal what happened to you!
It's a big deal what you went through!
It's a big deal that you're wounded...

But God wants to heal your wounds!

3 He heals the brokenhearted and bandages their wounds-Ps 147:3 (NLT)

It was a big deal for me to be abandoned by my family...to not have them pick up the phone when I call...to not invite me to family functions...to act as if I don't even exist...

I was an angry bird...But God!
He healed me...He bandaged up those wounds! If He did it for me, He can do it for you!

God knows you're wounded...He sees your pain...He wants to heal your heart!

We think forgiveness means that I must
RECONCILE with the person who hurt me

People believe that to forgive someone means that I have to let them back into my life...

Forgiveness and Reconciliation are not the same things...

Reconciliation means that things have been restored back to the way things used to be before the person hurt you...

Reconciliation is a beautiful thing...
I've seen spouses forgive one another and watched God reconcile that marriage...

It's a beautiful thing to see relationships restored...But there are times when some relationships cannot be reconciled to the way things used to be!

4 I do not spend time with liars or go along with hypocrites. 5 I hate the gatherings of those who do evil, and I refuse to join in with the wicked.-Ps 26:4–5 (NLT)

There's times in our life when we've been hurt by someone...and we need to forgive them...We need to...but because they are toxic...because they are not walking with the Lord...because they are violent or abusive...we need to stay away from them

If a relationship is restored...then it goes back to the way it was before they hurt you...and that means that the other person has to change!

Otherwise you're subjecting yourself to getting hurt all over again...

I've still got people in my life that have hurt me...With God's help...I've forgiven them...and I'm open to reconciliation...why?

Because Paul says

18 If it is possible, as far as it depends on you, live at peace with everyone-Ro 12:18 (NIV)

If you ask me...I'm willing to restore the relationship...But they don't want it...
That's on them!

It takes two parties to have reconciliation!

But hear me...
Forgiveness doesn't mean we have to reconcile...
Forgiveness isn't about the other person...it's about me!

Forgiveness is a one player game...
Forgiveness is an inside job...
Reconciliation is about us...it's an outside job

Forgiveness is between you and your Heavenly Father...

Reconciliation is between you and the other person...You don't have to be reconciled to them in order to forgive them!

Forgiveness can lead to reconciliation...and it's a beautiful thing when it does...but it doesn't have to!

We can't always reconcile...but we can always forgive!

When you choose to forgive...you set a prisoner free and that prisoner is you!

Listen, I've been there...
Locked behind bars of bitterness and anger...
I've had hate in my heart...
I've had rage in my heart...
I was locked in my own prison...

But when I chose to forgive...I was set free!

We don't think we **CAN** forgive

Some people are filled with so much hurt...
Filled with so much pain...
They don't think they can ever forgive...

I understand that feeling...
Sometimes it feels good to hate...
It feels good to be angry...

You're like the Hulk...your secret is that you're
always angry...I've been there

But I also know what it's like to feel that way and
then experience a But God healing
moment...where I was able to let go and forgive!

Some of you may be saying..
I've tried...I just can't forgive...I can't do it!

You're right! On your own you can't
But God...Can help you forgive!

***26 My flesh and my heart may fail, but God is
the strength of my heart and my portion
forever.-Ps 73:26 (NIV)***

On your own...your flesh will fail
On your own...your heart will fail

On your own...you don't want to forgive
On your own...you want to hold a grudge
On your own...you will hold an offense

But God...gives you the strength
But God...will bandage up your wounds
But God...will give you the power to forgive

Some of you are thinking...
Pastor, I'm just not ready to forgive...I need time!

Can I say something?
You'll never be ready! Time doesn't heal all
wounds...**But God** does!

You don't need more time...
You've had all the time in the world and guess
what...You're still angry...still bitter...still plotting
your revenge...still an angry bird!

You don't need more time with yourself...
You need time with God...

Let God work in your heart...
Let God take that burden away...
Let God set you free...
Let God heal your hurts...

Forgiveness isn't a feeling, it's a choice!
I want to close by taking another look at verse 12
from our text...

**12 and forgive us our sins, as we have
forgiven those who sin against us.** I don't know
anyone who really prays that way do you? Father,
forgive us our sins, according to the same
standard that we have forgiven others...

I don't know about you, but I want God to forgive
me better, and faster, than I choose to
forgive...Then Jesus just to clarify adds vs 14...

**14 "If you forgive those who sin against you,
your heavenly Father will forgive you. 15 But if
you refuse to forgive others, your Father will
not forgive your sins-Mt 6:12-15 (NLT)**

Now Jesus isn't saying that you have to forgive others in order to be saved...but what He is saying is that saved people will forgive people...

In other words...The Holy Spirit will help us forgive!

I know you think that you can't forgive...but Jesus would never tell you to do something without giving you the power to do it!

So how do we start the process of forgiveness? I have a couple of thoughts...

Pray for **THEM**

Don't pray that lightning strikes them...

Pray for them...It's hard to pray for a person and hold a grudge against them...

Jesus said...

12 ...do to others what you would have them do to you,-Mt 7:12 (NLT)

Pray for **YOU**

1 God is our refuge and strength, always ready to help in times of trouble.-Ps 46:1.

Ask the Holy Spirit to give you the power to let it go...to help you take your thoughts captive...to stop playing and replaying the moment you were hurt or offended or betrayed in your mind!

Forgiveness is a choice...but it's also a process...Like other things it can take time...

Have you ever chosen to forgive someone and you know...you gave it to God and then you saw them a couple days later and all those feelings came right back?

It's a process...so when that happens (and it will) you ask the Holy Spirit to help you to forgive them...You pray for them...You release them...You let God do what only God can do!

Make that choice to forgive...

Don't walk out of here with your wound still wide open...

Be healed of this in Jesus Name...

You can choose to forgive right now...

It's time for your "But God" experience!

Altar Time