## **Forgiveness**

## Pt. 3 - How do I Forgive?

Base my forgiveness on what <u>God</u> has done <u>for</u> me, rather than on what the <u>person</u> has done to me.

See my offender through the eyes of Jesus.

Choose to pay off the debt the person owes me.

Stop <u>replaying</u> the hurt.

Focus on the future.

<u>Learn</u> from the past, but don't <u>live</u> in the past.

Only I can choose the position of my heart.

Prov. 10:12 Hatred stirs up dissension, but love covers over all wrongs.

Prov. 17:9 He who covers over an offense promotes love, but whoever repeats the matter separates close friends.

Prov. 17:9 Overlook an offense and bond a friendship; fasten on to a slight and - goodbye, friend! (The Message)

Prov. 12:6 A fool shows his annoyance at once, but a prudent man overlooks an insult.

## <u>Choose</u> to forgive.

I must forgive – even if there is no <u>repentance</u>.

Forgiveness is getting the hurt out of my spirit.

Some things, I can <u>passively</u> clear from my spirit.

Other things, I must <u>actively</u> clear from my spirit.

Release the person from my prison.

**Lesson:** Once I have forgiven others, I can rejoice and <u>receive</u> God's forgiveness.

Mt. 6:14" For if you forgive men when they sin against you, your heavenly Father will also forgive you. <sup>15</sup>But if you do not forgive men their sins, your Father will not forgive your sins."