

7 Foundations of a Healthy Marriage Pt4

Forgiveness – A

Sunday, September 1, 2019

I. 7 Foundations of a Healthy Marriage



A. Understanding the Importance of Forgiveness

1.(Col. 3:12-13 NLT) Forgiveness is a vital part of our wellbeing as a believer.

2.(Eph. 4:31-32 NLT) Bitterness, rage, anger etc. are often signs and the result of un-forgiveness in the heart.

a.(Heb. 12:14-17) Root of bitterness springing up

~(Jas. 3:16 KJV) Confusion and every evil work

~(Prov. 13:10 NIV) All strife is rooted in pride

b.(1 Cor. 5:1-7 NLT; 2 Cor. 2:6-11) Satan gains advantage of us in un-forgiveness.

c.(Matt. 18:21-35 NLT) Un-forgiveness puts us in bondage to torment or torture.

d.(2 Chron. 7:14) Un-forgiveness can stop healing.

e.(Luke 7:47) Un-forgiveness stops love.

3.To understand what forgiveness is and it's process, let's first understand what forgiveness is NOT!

a.Forgiveness is not the compromise of **morals**.

~*"If I forgive them they will think what they did was ok!"*

b.Forgiveness is not a violation of **justice**.

~*"If I forgive them then they are getting away with injustice."*

~(Rom. 12:19 NLT) Forgiveness releases people to God and His righteous judgment.

c.Forgiveness is not conflict **avoidance**.

~*"I just don't want to face it!"*

d.Forgiveness is not **trust**.

~*"I can forgive and start the process of building trust."*

(Example – an affair)

~Forgiveness can be given forward, but trust must be earned!

~Reconciliation may not be possible if trust isn't restored.

f.Forgiveness is not

~*"You will never forget, as in amnesia, a deep hurt but you can move forward like it never didn't happen."*

g.Forgiveness is not the absence of **pain or hurt**.

~*"Do you know what they did to me?"*

4.What is Forgiveness? Releasing of debt. "You owe me nothing!" In forgiveness, I turn your account over to God. In forgiveness, I release you to God.

a.Forgiveness releases:

~People of debt.

~People to God.

~Me from tormentors.