

FORGIVENESS

Have you accepted _____ forgiveness?

God puts people right through their faith in Jesus Christ. God does this to all who believe in Christ, because there is no difference at all: everyone has sinned and is far away from God's saving presence. Romans 3:22-23 GNB

Have you forgiven _____ who have hurt you?

Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone. Romans 12:17-18 NIV

Have you forgiven _____?

"Come, let's talk this over," says the Lord; "no matter how deep the stain of your sins, I can take it out and make you as clean as freshly fallen snow". Isaiah 1:18a LB

What hurts from a past relationship are you still hanging on to and how can you let go of them?

STEPS TO FORGIVENESS

Step one – Identify who we need to forgive.

- That may seem obvious, but we often skip right over this.
- Sometimes we intentionally forget the people who have hurt us.
- We push them back into the recesses of our mind.
- One of the best ways to deal with that is to look at your inventories.
- Our inventories contain a description of past events and circumstances.
- And they include what other people have done to us.

Step two – Let go of the pain.

- Many times people will identify their pain, but they can't let it go.
- It hurt too much.
- It cost too much.
- There is too much loss and shame and humiliation.
- It's hard to forget those feelings.
- Why would you want to hang on to pain?
- Why would you want to relive it over and over and be miserable?
- The answer is you don't have to.
- You can deal with it.
- Take a look at 1 Peter 5:7

“Give all your worries and cares to God, for he cares about what happens to you.” 1 Peter 5:7

- God cares for us, because He knows how fragile we are.
- He knows that heavy loads will crush us.
- So He wants to deload us.
- He wants us to give our burdens to Him, so He can deal with them.
- We don't have to carry these heavy loads anymore!
- Jesus tells us the same thing in Matthew 11:28-30.

“Then Jesus said, **“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.** Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.” Matthew 11:28-30

Step 3 – Give it to the Lord.

- You can do that through prayer.

Lord, I have been deeply hurt by _____. I still grieve over this. It still hurts. I want to forgive them, because I know You want me to. But I am having a hard time doing that. So I come to You as you have directed in 1 Peter 5:7 and Matthew 11:28-30.. I ask You to take my pain. I ask You to help me forgive them. Thank You for hearing my prayer and for doing all of this. In Jesus name I pray. Amen

- That's a prayer that God will answer, because He says He will.
- When you give your burden to the Lord, don't take it back.
- Just believe that He will do what He says.
- And wait patiently for Him to do it.
- If you need patience you can ask the Lord to give you that too.