

Forgiveness Sunday, January 24, 2010

Forgiveness is one of the most powerful, most needed, yet most misunderstood concepts. To fully understand its powerful applications, let's examine Jesus' words from the Lord's Prayer.

Matthew 6:12-15

In this text, Jesus is making an observation.

Forgiving others sets us free from the **bitterness and un-forgiveness** that is a **barrier** to the love and forgiveness from God.

In other words, when it comes to forgiveness—***if you can't give it, you can't get it!***

Have you ever heard, "***I Forgave Them, but I'm Still Angry!***"

- ✧ It's not a **feeling or emotion**.
- ✧ It's not just saying the words, "**I forgive you**".
- ✧ It's not only for **the offender**.

When I **forgive**, I clearly and deliberately relinquish **my rights** for **justice**, for **retribution**, and for the emotional satisfaction of hearing ... "**I was wrong!**"

Forgiveness Involves Taking Ownership of Offenses

Matthew 7:3-5

John 13:35

Our Motivation for Forgiveness

Ephesians 4:32 (NLT)

Matthew 6:14, 15

What Can You Do Right Now To Build Forgiveness Into Your Life?

Here's A Checklist:

- Catalogue your past hurts. When you describe what happened to you, does the emotion and hurt resurface and open the wound again? If so, you probably have not forgiven!
- Are there people that make you angry as you think about them? It may be that you need to forgive.
- Is there someone you can't look in the eye, because you know they have something against you? Is it time to have that difficult conversation, and determine if you need to take ownership over something?!