

GMS Women's Ministry

August 2014

*Forgiveness*

Forgiveness is defined:

1. to grant pardon for or remission of (an offense, debt, etc.); absolve.
2. to give up all claim on account of; remit (a debt, obligation, etc.).
3. to grant pardon to (a person).
4. to cease to feel resentment against: *to forgive one's enemies.*
5. to cancel an indebtedness or liability of: *to forgive the interest owed on a loan.*
6. to pardon an offense or an offender

Unforgiveness is defined:

1. to NOT grant pardon for or remission of (an offense, debt, etc.); absolve.
2. to NOT give up all claim on account of; remit (a debt, obligation, etc.).
3. to NOT grant pardon to (a person).
4. to NOT cease to feel resentment against: *to forgive one's enemies.*
5. to NOT cancel an indebtedness or liability of: *to forgive the interest owed on a loan.*
6. to NOT pardon an offense or an offender

**Matthew 5:24**

Leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.

**Matthew 5:44-45**

But I tell you: Love your enemies and pray for those who persecute you, that you may be sons of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous.

**Mark 11:25**

And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins.

**Luke 6:35-38;42**

But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be sons of the Most High, because he is kind to the ungrateful and wicked. Be merciful, just as your Father is merciful. "Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you." ... How can you say to your brother, 'Brother, let me take the speck out of your eye,' when you yourself fail to see the plank in your own eye? You hypocrite, first take the plank out of your eye, and then you will see clearly to remove the speck from your brother's eye.

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Forgiveness Exercise

Name \_\_\_\_\_

Now take some time to think about all of those things you've never let go of in your past that you haven't forgiven for (this includes others and yourself).

Write down what those transgressions are who you hurt, who hurt you.

Write down how you feel about as a result of these unresolved feelings over these things. Be very honest with yourself. Express how you feel and let the emotions flow – release them!

Decide to forgive yourself and others. Forgiveness is not a feeling but a decision of the will and one of the greatest Gifts from God.

Take your list to God and acknowledge your forgiveness to Him. "Lord, I come to You today and give up my unforgiveness.

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I forgive myself for \_\_\_\_\_. I forgive \_\_\_\_\_ for \_\_\_\_\_.  
At this moment, I choose not to hold these offenses, but put them into Your Hands. God, heal my emotional wounds and help me to be able to move forward without regrets and help me to let go of the past and start fresh. God give me the ability to uplift and comfort to someone else with the same comfort you have given me. I release my past unforgiveness \_\_\_\_\_ into Your Hands."

X \_\_\_\_\_

### **How Do We Forgive**

**Decide** – You will never forgive if you wait until you feel like it. Choose to obey God and steadfastly resist the devil in his attempts to poison you with bitter thoughts. Make a quality decision to forgive, and God will heal your wounded emotions in due time (see Matthew 6:12,14).

2. **Depend** – Allow who we are in HIM give us the strength and stamina to forgive. We can do all things through HIM.

3. **Obey** – Follow the ordinances and the example set before us by Christ. If we focus on our end goal, we will not allow a distraction such as unforgiveness to hinder us.

### **Scriptures on Forgiveness (NIV)**

#### **Proverbs 20:22**

Do not say, "I'll pay you back for this wrong!" Wait for the LORD, and he will deliver you.

#### **Luke 23:34**

Jesus said, "Father, forgive them, for they do not know what they are doing."

#### **Luke 24:46-47**

He told them, "This is what is written: The Christ will suffer and rise from the dead on the third day, and repentance and forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem.

#### **Acts 26:17-18 (Saul)**

I will rescue you from your own people and from the Gentiles. I am sending you to them to open their eyes and turn them from darkness to light, and from the power of Satan to God, so that they may receive forgiveness of sins and a place among those who are sanctified by faith in me.'

#### **Ephesians 1:7**

In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace

#### **Colossians 3:13**

Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

#### **Hebrews 10:16-23**

This is the covenant I will make with them after that time, says the Lord. I will put my laws in their hearts, and I will write them on their minds."Then he adds: "Their sins and lawless acts I will remember no more."And where these have been forgiven, there is no longer any sacrifice for sin. Therefore, brothers, since we have confidence to enter the Most Holy Place by the blood of Jesus, by a new and living way opened for us through the curtain, that is, his body, and since we have a great priest over the house of God, let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. Let us hold unswervingly to the hope we profess, for he who promised is faithful.

#### **1 John 1:9-10**

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word has no place in our lives.

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**Who is Jesus Christ?**

Advocate (1 John 2:1)	Lord of All (Acts 10:36)
Alpha and Omega (Rev. 1:8; 22:13)	Lord of Glory (1 Cor. 2:8)
Atoning Sacrifice for our Sins (1 John 2:2)	Lord of lords (Rev. 19:16)
Author of Life (Acts 3:15)	Mediator of the New Covenant (Heb. 9:15)
Bread of Life (John 6:35; 6:48)	Mighty God (Isa. 9:6)
Creator (John 1:3)	Only Begotten Son of God (John 1:18; 1 John 4:9)
Deliverer (Rom. 11:26)	Our Holiness (1 Cor. 1:30)
Eternal Life (1 John 1:2; 5:20)	Our Protection (2 Thess. 3:3)
Faithful and True (Rev. 19:11)	Our Redemption (1 Cor. 1:30)
God (John 1:1; 20:28; Heb. 1:8; Rom. 9:5)	Our Righteousness (1 Cor. 1:30)
Good Shepherd (John 10:11,14)	Resurrection and Life (John 11:25)
Great Shepherd (Heb. 13:20)	Savior (Eph. 5:23; Titus 1:4; 3:6; 2 Pet. 2:20)
Holy and True (Rev. 3:7)	Son of God (John 1:49; Heb. 4:14)
Holy One (Acts 3:14)	Son of Man (Mt. 8:20)
Hope of Glory (Col. 1:27)	The One Mediator (1 Tim. 2:5)
I Am (John 8:58)	Way (John 14:6)
Image of God (2 Cor. 4:4)	Wisdom of God (1 Cor. 1:24)
Life (John 14:6; Col. 3:4)	Word (John 1:1)
Lion of the Tribe of Judah (Rev. 5:5)	

**As a result of being in Christ I am:**

Justified (Romans 5:1)  
A child of God (Romans 8:16)  
Forgiven (Colossians 1:13, 14)  
A New Creation ( II Corinthians 5:17)  
Led by the Spirit of God (Romans 8:14)  
More than a conqueror (Romans 8:37)  
Healed by His Stripes (I Peter 2:24)  
Casting all our cares on Jesus (I Peter 5:7)  
Saved by Grace through Faith (Ephesians 2:8)  
A laborer together with God (I Corinthians 3:9)  
An inheritor of eternal life (I John 5:11, 12)  
Redeemed from the hand of the enemy (Psalms 107:2)  
Redeemed from the Curse of the Law (Galatians 3:13)  
Blessed coming in and going out (Deuteronomy 28:6)  
Blessed with all spiritual blessings (Ephesians 1:3)  
Exercising my authority over the enemy (Luke 10:19)  
Establishing God's Word here on earth (Matthew 16:19)  
Getting all my needs met by Jesus (Philippians 4:19)  
Being transformed by a renewed mind (Romans 12:1 & 2)  
Bringing every thought into captivity (II Corinthians 10:5)  
Strong in the Lord and in the Power of His Might (Ephesians 6:10)  
Observing and doing the Lord's commandments (Deuteronomy 28:12)  
Doing all things through Christ who strengthens me (Philippians 4:13)  
An overcomer by the Blood of the Lamb and Word of my Testimony (Rev. 12:11)