

A TIME TO FORGIVE



Forgiveness is a choice we make. Many think that not forgiving someone only affects the person who offended them. If I refuse to forgive someone who hurt me, it isn't bothering him. **It is me** who is dragging the burden of unforgiveness everywhere I go. The pressure is there, even if in the background of your mind.

Picture the following: A car falls on you & pins you. (A constant pressure)

An unexplainable pressure, a distraction, a feeling of no progress.

You are constantly cold when in your bed. (A discomfort)

You are hanging from a rope & are strangling. (A hopeless feeling)

You are pronounced guilty of something. (A uncertain future)

1. Write out Ephesians 4:32. _____

2. What do we do if we have a complaint against someone? (Colossians 3:12-13)

3. In the two verses above, which phrase about the Lord is repeated?

You might say, **"That joker doesn't deserve to be forgiven; he hurt me."**

4. When the Lord forgave you, did you deserve it? ___Yes ___No

*When you choose to forgive someone who hurt you & offended you, God begins a healing in your heart. A healing heart can say, "With God's help & my willingness, I can forgive that person." **I can forgive because I love the Father Who created me. He forgave the person who hurt me; he loves the person who hurt me; he wants to create something beautiful out of that person who hurt me.**"*

5. When you faced the need to forgive someone you might have hated:

a. How did you feel about it? _____

b. What did you do about it? _____

6. With what parts of your being should you love the Lord? (Mk. 12:28-31)

- a. _____ c. _____
b. _____ d. _____

7. How do we treat other people? (Mk. 12:31)

Jesus used these words to summarize what the Jews already knew from the Ten Commandments:

<i>Love the Lord your God</i>	<i>(Commandments 1-4)</i>
<i>Love your neighbor as yourself</i>	<i>(Commandments 5-10)</i>

8. In your own words, define "worship God". _____

"Worship" = Worth *(We are telling God He is worth it, that He is valuable to me.)*
Whatever is valuable to God should be valuable to me.

9. Fill in the blanks. (Luke 6:27-28)

Jesus said, "_____ your enemies; _____ to those who hate you;
_____ those who curse you; _____ for those who mistreated you,"

*This is incredibly hard; humanly speaking, this is impossible. You are making a choice to **cancel a debt, to say you are well in your heart.***

"Forgive" means "to grant a pardon, to cancel a debt, to say it is well in my soul. BUT THERE'S MORE!! To forgive means to transfer the load of unforgiveness to someone else; that Someone else is Jesus Christ.

JESUS SAYS, "YOU MAKE THE DECISION TO FORGIVE, TRANSFER THE BURDEN TO ME, AND LEAVE ALL THE RESULTS IN BOTH YOUR LIFE & HIS LIFE TO ME. FORGIVENESS IS VALUABLE TO ME."

10. Write out Mark 11:25-26. _____

*When I forgive someone, it frees me up to receive & enjoy my forgiveness from God. This decision tells God how valuable my own forgiveness is. **"Thank You, Lord"**.*

You may never get to talk to the person & tell him that you forgive him. BUT!! In your heart you forgive that person (& let God listen in).