

INGREDIENTS FOR HEALTHY RELATIONSHIPS: FORGIVENESS

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OFFENCE IS INEVITABLE

FORGIVENESS IS AN ONGOING LIFE LESSON

FORGIVENESS IS DIFFICULT BUT ESSENTIAL TO HEALTHY RELATIONSHIPS!

WHAT FORGIVENESS IS NOT:

- Forgiveness is NOT a license for wrong behaviour

Colossians 3:13–14 (NLT)

Make allowance for each other's faults, and forgive anyone who offends you.

Remember, the Lord forgave you, so you must forgive others. ¹⁴ Above all, clothe yourselves with love, which binds us all together in perfect harmony.

- Forgiveness is NOT becoming a doormat
- Forgiveness is NOT forgetting
- Forgiveness is NOT taking false blame on ourselves
- Forgiveness is NOT denying the hurt
- Forgiveness is NOT a feeling

WHAT FORGIVENESS IS:

Luke 17:3–10 (NLT)

So watch yourselves! "If another believer sins, rebuke that person; then if there is repentance, forgive. ⁴ Even if that person wrongs you seven times a day and each time turns again and asks forgiveness, you must forgive."

⁵ The apostles said to the Lord, "Show us how to increase our faith." ⁶ The Lord answered, "If you had faith even as small as a mustard seed, you could say to this mulberry tree, 'May you be uprooted and be planted in the sea,' and it would obey you!" ⁷ "When a servant comes in from plowing or taking care of sheep, does his master say, 'Come in and eat with me'? ⁸ No, he says, 'Prepare my meal, put on your apron, and serve me while I eat. Then you can eat later.' ⁹ And does the master thank the servant for doing what he was told to do? Of course not. ¹⁰ In the same way, when you obey me you should say, 'We are unworthy servants who have simply done our duty.' "

- FORGIVENESS IS A MATTER OF OBEDIENCE

It's not the impossible - it's normal

- FORGIVENESS IS GIVING OTHERS WHAT GOD GAVE US

Psalms 103:10–12 (NIV)

He does not treat us as our sins deserve or repay us according to our iniquities. ¹¹ For as high as the heavens are above the earth, so great is his love for those who fear him; ¹² as far as the east is from the west, so far has he removed our transgressions from us.

Ephesians 4:32 (NLT)

...be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Forgiveness is a deliberate act of love, mercy and grace

Forgiveness reflects the gospel

Matthew 6:14–15 (NLT)

"If you forgive those who sin against you, your heavenly Father will forgive you. ¹⁵ But if you refuse to forgive others, your Father will not forgive your sins.

FORGIVENESS BRINGS FREEDOM AND KEEPS RELATIONSHIPS ALIVE

Acrid bitterness inevitably seeps into the lives of people who harbor grudges and suppress anger, and bitterness is always a poison. It keeps your pain alive instead of letting you deal with it and get beyond it. Bitterness sentences you to relive the hurt over and over. – Lee Strobel

Hebrews 12:14–15 (NLT)

Work at living in peace with everyone, and work at living a holy life, for those who are not holy will not see the Lord. ¹⁵ Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

Bitterness is a poisonous root with poisonous fruit

Ephesians 4:27 (NLT)

For anger gives a foothold to the devil.

Forgiveness is a spiritual weapon that slams the door shut on the enemy's influence

HOW TO WALK IT OUT!

1. Choose to release the offence

James 2:13 (NLT)

There will be no mercy for those who have not shown mercy to others. But if you have been merciful, God will be merciful when he judges you.

Forgiveness is a decision

2. Speak and act with grace & blessing

Luke 6:27–28 (NLT)

"But to you who are willing to listen, I say, love your enemies! Do good to those who hate you. ²⁸ Bless those who curse you. Pray for those who hurt you.

What we say and do toward that person should reflect the grace we have chosen to extend

1 Peter 3:9 (NLT)

Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will grant you his blessing.

BLESS AND YOU WILL BE BLESSED!

3. Let go of the desire for revenge

Romans 12:19-21

Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the LORD. ²⁰ Instead, "If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads." ²¹ Don't let evil conquer you, but conquer evil by doing good.

Proverbs 24:17 (NLT)

Don't rejoice when your enemies fall; don't be happy when they stumble.

4. Take ownership for my part

Embrace humility!

5. Move toward reconciliation

Romans 12:17–18 (NLT)

Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. ¹⁸ Do all that you can to live in peace with everyone.

We're called to do our part, no matter what!