**The Freedom of Forgiveness Matthew 6:9-15 November 14, 2021**

Forgive / Forgiveness

* To **release** from an obligation or consequence of an action
	+ To cancel a debt owed

“Forgive us our Debts”

* Debt – the **moral debt** as a result of sin
	+ Offense where someone is injured as a result of action or inaction on the part of another person

“As We Also Have Forgiven Our Debtors”

 Matthew 6:14–15
14 For if you forgive others for their transgressions, your heavenly Father will also forgive you. 15 But if you do not forgive others, then your Father will not forgive your transgressions.

Forgiveness is a choice you make because you understand the tremendous mercy and grace God displays in forgiving your sins. When you recognize you frequently fail and break your fellowship with God and that He is ready and willing to forgive you, forgiving your spouse becomes a little easier. You are free to acknowledge that your spouse is a fallen human being too, who is struggling to do the best he or she can.

* Dr. Bruce McCracken, The Marriage Hub

Forgiveness IS NOT

* Letting the offender off the ‘hook.’
* Condoning the wrong behavior.
* Letting the offense happen over and over again.
* Not the same as reconciliation.
* Denial - pretending that it didn’t happen.

Forgiveness

* Does not mean that we have to revert to being the victim.
* Does not mean forgetting.
* Does not mean denying or ignoring repeated offenses.
* Does not mean that the pain will immediately go away.
* Does not mean the offender will change.
* Does not mean that the offender will not have to ask again as the issues of the offense unfold over time.

Forgiveness Is

* Returning to God the right to take care of ‘justice.’
* A process - a journey beginning with a one-time event.
* All about our attitude - not their actions.
* A moral responsibility and mental decision to someone’s injustice or offense.
* A learned skill - it does not come naturally.
* Something we do whether the offender repents or not.
* A gift to yourself - it sets you free from being a prisoner of the pain and past - otherwise you remain the ‘victim.’

Four Promises of Forgiveness

1. I will not dwell on this incident.

2. I will not bring up this incident again and use it against you.

3. I will not talk to others about this incident.

4. I will not let this incident stand between us or hinder our personal relationship.

How to Grant Forgiveness

1. Meditate upon how much God has forgiven you

* + Psalm 32:1-5, Psalm 51, Psalm 103:1-12

2. Ask the Lord to give you His power and His strength to forgive

* + Isaiah 26:4, Romans 1:20

3. Remind yourself that God expects you to forgive others as He has forgiven you

* + Matthew 6:14-15, Matthew 18;21-35, Ephesians 4:27, 32, Colossians 3:23

4. Go to the person who has sinned against you directly and tell them specifically how he or she has hurt you

* + Matthew 18:15

5. Write down the offenses done to you on a 3 x 5 card

* + Each day for 7 days, pray over each card and ask the Lord to enable you to forgive your offender
	+ On the 7th day, burn the cards along with brothers / sisters in Christ who can support you

**The Freedom of Forgiveness Matthew 6:9-15 November 14, 2021**

Forgive / Forgiveness

* To **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** from an obligation or consequence of an action
	+ To cancel a debt owed

“Forgive us our Debts”

* Debt – the **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** as a result of sin
	+ Offense where someone is injured as a result of action or inaction on the part of another person

“As We Also Have Forgiven Our Debtors”

 Matthew 6:14–15
14 For if you forgive others for their transgressions, your heavenly Father will also forgive you. 15 But if you do not forgive others, then your Father will not forgive your transgressions.

Forgiveness is a choice you make because you understand the tremendous mercy and grace God displays in forgiving your sins. When you recognize you frequently fail and break your fellowship with God and that He is ready and willing to forgive you, forgiving your spouse becomes a little easier. You are free to acknowledge that your spouse is a fallen human being too, who is struggling to do the best he or she can.

* Dr. Bruce McCracken, The Marriage Hub

Forgiveness IS NOT

* Letting the offender off the ‘hook.’
* Condoning the wrong behavior.
* Letting the offense happen over and over again.
* Not the same as reconciliation.
* Denial - pretending that it didn’t happen.

Forgiveness

* Does not mean that we have to revert to being the victim.
* Does not mean forgetting.
* Does not mean denying or ignoring repeated offenses.
* Does not mean that the pain will immediately go away.
* Does not mean the offender will change.
* Does not mean that the offender will not have to ask again as the issues of the offense unfold over time.

**The Freedom of Forgiveness Matthew 6:9-15 November 14, 2021**

Forgive / Forgiveness

* To **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** from an obligation or consequence of an action
	+ To cancel a debt owed

“Forgive us our Debts”

* Debt – the **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** as a result of sin
	+ Offense where someone is injured as a result of action or inaction on the part of another person

“As We Also Have Forgiven Our Debtors”

 Matthew 6:14–15
14 For if you forgive others for their transgressions, your heavenly Father will also forgive you. 15 But if you do not forgive others, then your Father will not forgive your transgressions.

Forgiveness is a choice you make because you understand the tremendous mercy and grace God displays in forgiving your sins. When you recognize you frequently fail and break your fellowship with God and that He is ready and willing to forgive you, forgiving your spouse becomes a little easier. You are free to acknowledge that your spouse is a fallen human being too, who is struggling to do the best he or she can.

* Dr. Bruce McCracken, The Marriage Hub

Forgiveness IS NOT

* Letting the offender off the ‘hook.’
* Condoning the wrong behavior.
* Letting the offense happen over and over again.
* Not the same as reconciliation.
* Denial - pretending that it didn’t happen.

Forgiveness

* Does not mean that we have to revert to being the victim.
* Does not mean forgetting.
* Does not mean denying or ignoring repeated offenses.
* Does not mean that the pain will immediately go away.
* Does not mean the offender will change.
* Does not mean that the offender will not have to ask again as the issues of the offense unfold over time.

Forgiveness Is

* Returning to God the right to take care of ‘justice.’
* A process - a journey beginning with a one-time event.
* All about our attitude - not their actions.
* A moral responsibility and mental decision to someone’s injustice or offense.
* A learned skill - it does not come naturally.
* Something we do whether the offender repents or not.
* A gift to yourself - it sets you free from being a prisoner of the pain and past - otherwise you remain the ‘victim.’

Four Promises of Forgiveness

1. I will not dwell on this incident.

2. I will not bring up this incident again and use it against you.

3. I will not talk to others about this incident.

4. I will not let this incident stand between us or hinder our personal relationship.

How to Grant Forgiveness

1. Meditate upon how much God has forgiven you

* + Psalm 32:1-5, Psalm 51, Psalm 103:1-12

2. Ask the Lord to give you His power and His strength to forgive

* + Isaiah 26:4, Romans 1:20

3. Remind yourself that God expects you to forgive others as He has forgiven you

* + Matthew 6:14-15, Matthew 18;21-35, Ephesians 4:27, 32, Colossians 3:23

4. Go to the person who has sinned against you directly and tell them specifically how he or she has hurt you

* + Matthew 18:15

5. Write down the offenses done to you on a 3 x 5 card

* + Each day for 7 days, pray over each card and ask the Lord to enable you to forgive your offender
	+ On the 7th day, burn the cards along with brothers / sisters in Christ who can support you

Forgiveness Is

* Returning to God the right to take care of ‘justice.’
* A process - a journey beginning with a one-time event.
* All about our attitude - not their actions.
* A moral responsibility and mental decision to someone’s injustice or offense.
* A learned skill - it does not come naturally.
* Something we do whether the offender repents or not.
* A gift to yourself - it sets you free from being a prisoner of the pain and past - otherwise you remain the ‘victim.’

Four Promises of Forgiveness

1. I will not dwell on this incident.

2. I will not bring up this incident again and use it against you.

3. I will not talk to others about this incident.

4. I will not let this incident stand between us or hinder our personal relationship.

How to Grant Forgiveness

1. Meditate upon how much God has forgiven you

* + Psalm 32:1-5, Psalm 51, Psalm 103:1-12

2. Ask the Lord to give you His power and His strength to forgive

* + Isaiah 26:4, Romans 1:20

3. Remind yourself that God expects you to forgive others as He has forgiven you

* + Matthew 6:14-15, Matthew 18;21-35, Ephesians 4:27, 32, Colossians 3:23

4. Go to the person who has sinned against you directly and tell them specifically how he or she has hurt you

* + Matthew 18:15

5. Write down the offenses done to you on a 3 x 5 card

* + Each day for 7 days, pray over each card and ask the Lord to enable you to forgive your offender
	+ On the 7th day, burn the cards along with brothers / sisters in Christ who can support you