

FORGIVENESS

Forgiveness is one of the greatest forces for healing
It is a choice not a feeling

FORGIVENESS IS NOT

- Demanding a person changes before we forgive them
- Forgetting the hurt that happened
- Pretending it doesn't matter
- Understanding why
- Making excuses for them
- Thinking time alone will heal

FORGIVENESS IS

- Facing the wrong done to us
- Recognising the emotions inside
- Choosing not to hold it against them
- Releasing them from our judgement and offence
- Foregoing any inclination for self-pity, retaliation or justice
 - Forgiveness deals with anger and resentment, although we might still feel hurt until healing is complete
 - Forgiveness is a process, we often need to keep forgiving
 - Forgiveness may benefit the other person, but benefits us most of all because it frees us from bitterness and lets God minister healing
 - New feelings follow forgiveness

“For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.” Matthew 6:14-15

“‘Shouldn’t you have had mercy on your fellow servant Just as I had on you?’ In anger his master turned him over to the jailers (tormentors) to be tortured, until he should pay back all he owed. This is how my heavenly Father will treat each of you unless you forgive your brother from your heart.” Matthew 18:21-35

“Do not judge and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.” Luke 6:37

Forgiveness is a command from the Lord and vital to deliverance & freedom.