

SOUTH  
SHORE  
community church

GROWTH

*soul care*





## Forgiveness

- Dave Seamonds – 90%...
- Ephesians 4:26-27, “In your anger do not sin’: Do not let the sun go down while you are still angry, and do not give the devil a foothold.”
- We need to forgive those who sin against us. We will never find freedom without forgiving those who sin against us.



## Forgiveness

- Matthew 6:14-15, “For if you forgive people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive people their sins, your Father will not forgive your sins.”
- Over & over, Jesus tells us to forgive those who sin against us.

## Forgiveness

- Why forgive?
  - God has forgiven you. (Mt. 18:21-35)  
The point of the parable is this: It is utterly absurd for us to hold someone in our debt in light of God's forgiveness offered to us.
  - Carrie Fisher, "Resentment is like drinking poison and waiting for the other person to die."



# Forgiveness

- Why forgive?
  - God has forgiven you.
  - Bitterness is a poison to your soul.
  - Bitterness gives Satan a foothold (Ephesians 4:26-27) (comfort sin; demonic)



# Forgiveness

## Practical Tips on Forgiving:

1. Remember God's grace to you.  
(Meditate on Scripture; songs; journal)
2. Pray blessings on those who sin against you (Lk 6:27-28) God will do what you can't do – he will change your heart.



# Forgiveness

## Practical Tips on Forgiving:

1. Remember God's grace to you.
2. Pray blessings on those who sin against you
3. Offer forgiveness according to the level of the offense. (have to feel the pain; 5 gallon offense)



## Forgiveness

4. Forgiveness is an act of the will. It is a gift offered by the offended party; it is never earned or deserved. Therefore, you can forgive someone unilaterally – they do not have to repent for you to offer them forgiveness.





## Forgiveness

4. Forgiveness is an act of the will. It is a gift offered by the offended party; it is never earned or deserved.
  - There is a difference between forgiveness and trust. Forgiveness is a gift. Trust is earned. We can't have reconciliation until both parties fully own their part, and fully forgive.



## Forgiveness

4. Forgiveness is an act of the will. It is a gift offered by the offended party; it is never earned or deserved..
  - Release the person from your debt
  - Don't nurse the grudge or rehearse the offense. When it comes up, bless.  
(trigger – imaginary conversation)



## Forgiveness

5. Time doesn't heal all wounds (Eph 4:26-27)
6. Forgiveness can feel like a process.  
(layers) Keep affirming the decision you have made.
7. Remember God is redemptive. (Romans 8:28-39) God can use the most painful things in our life to make us more like Jesus.



## Forgiveness

- You must choose to consciously walk through these steps of forgiveness. Denial will not lead to freedom. (beach ball – push it down, it will pop up elsewhere)
- Sooner or later, forgiveness comes down to making a choice to let go. We have to give up control. We have to give up resentment.



## Forgiveness

- Make a conscious choice live like this:
  - I will die with no enemies. Therefore I will bless everyone who curses me.
  - I have determined to hold no grudges, nurse no wounds, nurture no disappointments, hang on to no resentments. I will process my anger & pain at all costs.



## Forgiveness

- Experience:
- Ask the Holy Spirit to bring up names. Show you anyone who you hold in your debt. As names come up, write them down.
- Choose to forgive; Commit to continue to pray blessings on each of them.