

Forgiveness: Restoring the Law of Love
By Rev. Jerry Begin, PhD

God expresses and demonstrates His LOVE through His ability to forgive and show His mercy and grace, reaching out to us without expecting anything other than what we may know and demonstrate LOVE in return. God is interested more in us than what we do.

To forgive is not just saying so, but an inner process.

Let us not just say we forgive. Religion, to repeat acts without knowing why we do them, says just forgive, but it is an act of will and love.

Unforgiveness comes from wrongdoings (injustice), damage done by someone that undermines our sense of life, justice, loyalty, faith, love, peace, honor and being.

Forgiveness is most beneficial to the forgiver than the offender.

If we don't forgive, the cost is more than our loss.

1. It holds us to our past and influences our walk to move ahead towards the future
2. Provides excuses for not maturing and doing what is right for ourselves and others
3. Source of most of our weaknesses
4. Make us judgmental of everything and people
5. Makes us suspicious and critical
6. Holds us back with issues that go deep within our subconscious, making us act in certain ways that created havoc in our lives
7. Creates fears and phobias
8. Hinders relationships
9. Living in cycles, victims or abusers
10. Influences marriage relationships
11. Creates low-self-esteem
12. Is the root of many of our sins

Example: Cain did not forgive Abel and in the state of unforgiveness he turned to murder.
Gen 4:9-11

9 And the LORD said unto Cain, Where is Abel thy brother? And he said, I know not: Am I my brother's keeper?

10 And he said, What hast thou done? the voice of thy brother's blood crieth unto me from the ground.

11 And now art thou cursed from the earth, which hath opened her mouth to receive thy brother's blood from thy hand; KJV

Jesus teaches that we should love our enemies, to do that, we must forgive. Forgiving activates the law of love and restores peace and joy.

Mark 9:50

50 "Good salt is worthless if it loses its saltiness; it can't season anything. So don't lose your flavor! Live in peace with each other." TLB

We know that Agape love is unconditional and the Hebrew word for love presents it as giving oneself to another in the same understanding of covenant marriage; Love in the Hebrew is giving of oneself.

Forgiving is defined as thoroughly giving wholeheartedly and releases someone after an injustice is committed.

Many times when we are told that we need to forgive we think that we lose and they win. We feel it is unfair and that others are getting away from getting what they deserve. Not knowing the will of God and seeing forgiveness only from a worldly view can cause us to have difficulty and resist in truly forgiving wholeheartedly. If we are to truly forgive, we need to see it from God's understanding and purpose.

1. Forgiveness for the debtor; it is to be release by another their debts so that they may go on to complete their purpose and destiny.
2. The one forgiving; returning and bringing about a state of peace to himself by their act of love.
3. Unforgiveness is pride

Importance of forgiving

1. God's forgiveness; is necessary for our salvation and His favor towards us
2. Our forgiving others; is necessary for your own salvation and healing, and it also releases others to receive God's favor.
3. Self-forgiveness; is necessary for our own spiritual health, development, maturity and healing us mentally and physically
4. Forgiveness enables us to be conformed to the image and likeness of God and brings us to the understanding of the ways of the Kingdom.
5. Forgiveness is the healing and restoring agent of God's love
6. Forgiveness releases us to move on beyond our losses and appropriate life that God has provided for us, which sets us free.
7. It acknowledges the significance and purpose of others so as to esteem and respect their God given existence
8. We are our brothers' keeper

God's purpose for forgiveness

- To understand the true meaning of God's unconditional love
- It is to try our hearts to exam the root of love.
- To honor God's sovereignty over us and the Kingdom
- For the Kingdom to come and His will be done on earth as it is in heaven; it is a standard of the Kingdom
- To relinquish our wills to God
- To allow God to judge over all injustices by His wisdom and bring all things to true justice
- Relinquishes judgment for ourselves and others
- To align with God's providence for mankind
- To allow everyone the freedom to fulfill and complete their destiny

- To recognize and understand that we are all developing differently into our spiritual maturity, dealing with our individual infirmities and challenges
- Conform ourselves to the image of Christ
- Strengthens our faith in God
- For edification and betterment of others
- Help others recover from their fall
- To see the true being created by God (in His likeness and image) beyond human weaknesses, carnality and fallen nature; the true person
- To reestablish love throughout mankind
- To quench all carnal tendencies and appetites
- Develops and activates the fruit of the Holy Spirit
- Not to allow any schism in the Body and keeping the bonds of peace by the Holy Spirit
- Keeps the unity and care of others, for we are our brother's keeper
- Brings us into right standing with God and man, and man with man
- Important in learning the righteous ways of God
- Opens the blessings of God and the answers to prayers
- Keeps us from mental and emotional anguish and torment
- It curtails our personal desires to oppress and possess others for our lust, control and manipulation.
- To demonstrate forgiveness (love) given us by forgiving others
- It is dying to ourselves, an expression of Agape love (Jesus dying for us and forgiving all our sins)
- Realigns us with the power and standards of love
- It is a true act of spirituality
- To open the flow of life and freedom to others and self
- Humbles us from human pride
- We learn, understand and demonstrate God's love through: compassion, mercy and grace as God showers us freely
- Condition for receiving forgiveness for ourselves from God
- Forgiveness is to give of ourselves (die to self) for the good of another, for no greater love is there the one who dies for a friend (others)
- Forgiveness is not a worldly concept because it is an expression of unconditional Agape love which is spiritual
- There are never any conditions that prevents forgiveness, not even our worse enemies
- Forgiveness is freedom from all injuries, offences and injustices
- Forgiveness is covering the shame of sin
- Enables us and others to recover from the effects of sin
- Forgiveness is healing one another, understand the pain and afflictions someone is experiencing
- Cause us to live in a state of peace and joy
- Allows us to attain self actualization; "to realize all of one's potentialities"
- Forgiveness is not an option, it is demanded of God

- It sets us free
-

Not to forgive equals us to the offender

Not to forgive equals us to have the same spirit as the offender

Luke 9:52-56

52 And sent messengers before his face: and they went, and entered into a village of the Samaritans, to make ready for him.

53 And they did not receive him, because his face was as though he would go to Jerusalem.

54 And when his disciples James and John saw this, they said, Lord, wilt thou that we command fire to come down from heaven, and consume them, even as Elias did?

55 But he turned, and rebuked them, and said, Ye know not what manner of spirit ye are of.

56 For the Son of man is not come to destroy men's lives, but to save them. And they went to another village. KJV

Forgive: To give-thoroughly

When the Latin “*perdonare*” was adopted into the Germanic ancestor of English, it was translated piece-by-piece, making the result what linguists call a “calque” (from the French “calquer,” to trace or copy) a literal transliteration. **“Per” was replaced by “for,” a prefix that in this case means “thoroughly,” and “donare” with “giefan” (“to give”).** The result, “forgiefan,” appeared in Old English meaning “to give up, allow” as well as love “to give in marriage.” In modern English, “forgive” has also taken on the meanings of “to pardon for an offense,” “renounce anger at” (“I forgive you for feeding bean tacos to my dog”) and “to abandon a claim on” (as in “forgive a debt”).

French for forgiveness is pardonner: [Middle English pardonnen, from Old French pardonner, **from Vulgar Latin *perdōnāre, to give wholeheartedly**: Latin per-, *intensive pref.*; see per- + Latin dōnāre, *to present, forgive* (from dōnum, *gift*; see dō- in Indo-European roots).]

Wholeheartedly:

- ✓ Marked by unconditional commitment, unstinting devotion, or unreserved enthusiasm:
- ✓ Whole + heart
- ✓ Marked by complete earnest commitment: free from all reserve or hesitation
- ✓ To absolve completely an injustice or sin

Greek: to forgive

NT:863

aphiemi (af-ee'-ay-mee); from NT:575 and hiemi (to send; an intens. form of eimi, to go); to send forth, in various applications (as follow):

KJV - cry, forgive, forsake, lay aside, leave, let (alone, be, go, have), omit, put (send) away, remit, suffer, yield up.

NT:5483

charizomai (khar-id'-zom-ahee); middle voice from NT:5485; to grant as a favor, i.e. gratuitously, in kindness, pardon or rescue:

KJV - deliver, (frankly) forgive, (freely) give, grant.

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Hebrew: forgive

OT:5375

nasa' (naw-saw'); or nacah (Ps 4:6 [OT:7]) (naw-saw'); a primitive root; to lift, in a great variety of applications, literal and figurative, absol. and rel. (as follows):

KJV - accept, advance, arise, (able to, [armor], suffer to) bear (-er, up), bring (forth), burn, carry (away), cast, contain, desire, ease, exact, exalt (self), extol, fetch, forgive, furnish, further, give, go on, help, high, hold up, honorable (+man), lade, lay, lift (self) up, lofty, marry, magnify, X needs, obtain, pardon, raise (up), receive, regard, respect, set (up), spare, stir up, + swear, take (away, up), X utterly, wear, yield.

OT:5545

calach (saw-lakh'); a primitive root; to forgive:

KJV - forgive, pardon, spare.

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Forgiveness is executing one's power of will and choice to exist in a state of peace and joy through Agape love in times of injustice.

Eph 4:3 Endeavoring to keep the unity of the Spirit in the bond of peace. KJV

God desires that the whole body be at peace and supply all that it needs to function in Him. God is holy and so we need to allow God, through forgiveness, to flow love to each part of the body. If we don't forgive it makes us idolators.

It allows us to release the past so that we may complete God's providence and purpose, aiming to fulfill our destiny, pressing on to the future and those we forgive. It is the power that returns us to a state of peace and joy at all times with man and God. Forgiveness is allowing our Sovereign God reign over His children and become one in Him.

Rom 12:19-21

19 Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord.

20 Therefore if thine enemy hunger, feed him; if he thirst, give him drink: for in so doing thou shalt heap coals of fire on his head. (*bring to shame*)

21 Be not overcome of evil, but overcome evil with good. KJV

Forgiveness is not:

- Is not making excuses
- Excusing other's actions, injustices or offences
- Does not mean reconciliation (changing for the better a relationship between two or more persons) without repentance
- Denying or being in denial
- Forgive and forget
- Deny ones pain, emotions or feelings
- Releasing responsibility for their injustices
- Returning to an abusive relationship
- Is not condoning (overlook)

God demonstrates forgiveness throughout the scriptures

The scriptures reveal God's definition and purpose of forgiveness

- To cover
- To purge or cleanse
- To restore

Covering: to cover shame of sin or injustice

- Adam and Eve

Gen 3:10-11

10 And he said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself.

11 And he said, Who told thee that thou wast naked? Hast thou eaten of the tree, whereof I commanded thee that thou shouldest not eat? KJV

Gen 3:21

21 Unto Adam also and to his wife did the LORD God make coats of skins, and clothed them. KJV

- Noah

Gen 9:20-25

20 And Noah began to be an husbandman, and he planted a vineyard:

21 And he drank of the wine, and was drunken; and he was uncovered within his tent.

22 And Ham, the father of Canaan, saw the nakedness of his father, and told his two brethren without.

23 And Shem and Japheth took a garment, and laid it upon both their shoulders, and went backward, and covered the nakedness of their father; and their faces were backward, and they saw not their father's nakedness.

24 And Noah awoke from his wine, and knew what his younger son had done unto him.
25 And he said, Cursed be Canaan; a servant of servants shall he be unto his brethren.
KJV

Rom 4:7

7 Saying, Blessed are they whose iniquities are forgiven, and whose sins are covered.
KJV

Atonement

Rom 5:11-16

11 And not only so, but we also joy in God through our Lord Jesus Christ, by whom we have now received the atonement.

12 Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:

13(For until the law sin was in the world: but sin is not imputed when there is no law.

14 Nevertheless death reigned from Adam to Moses, even over them that had not sinned after the similitude of Adam's transgression, who is the figure of him that was to come.

15 But not as the offence, so also is the free gift. For if through the offence of one many be dead, much more the grace of God, and the gift by grace, which is by one man, Jesus Christ, hath abounded unto many.

16 And not as it was by one that sinned, so is the gift: for the judgment was by one to condemnation, but the free gift is of many offences unto justification. KJV

ATONEMENT

Hebrew and Greek Words:-The root meanings of the Hebrew words, taking them in the order cited above, **are, to "cover," hence expiate, condone, cancel, placate**; to "offer," or "receive a sin offering," hence, make atonement, appease, propitiate; "effect **reconciliation**," i.e. by some conduct, or course of action. Of the Greek words the meanings, in order, are "to be," or "**cause to be, friendly**"; "to render other," hence to **restore; "to leave" and with preposition to leave off, i.e. enmity, or evil**, etc; "to render holy," "to set apart for"; hence, of the Deity, to appropriate or accept for Himself. (from International Standard Bible Encyclopaedia, Electronic Database Copyright (c)1996 by Biblesoft)

- To cover
- Reconcile
- Cause to be friendly
- Restore

Gal 6:1-2

6:1 Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted.

2 Bear ye one another's burdens, and so fulfil the law of Christ. KJV

James 5:19-20

19 Brethren, if any of you do err from the truth, and one convert him;

20 Let him know, that he which converteth the sinner from the error of his way shall save a soul from death, and shall hide a multitude of sins. KJV

Jude 22-25

22 And of some have compassion, making a difference:

23 And others save with fear, pulling them out of the fire; hating even the garment spotted by the flesh.

24 Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy,

25 To the only wise God our Saviour, be glory and majesty, dominion and power, both now and ever. Amen. KJV

Purge/cleanse

Num 8:21

21 And the Levites were purified, and they washed their clothes; and Aaron offered them as an offering before the LORD; and Aaron made an atonement for them to cleanse them. KJV

Mal 3:2-6

2 But who may abide the day of his coming? and who shall stand when he appeareth? for he is like a refiner's fire, and like fullers' soap:

3 And he shall sit as a refiner and purifier of silver: and he shall purify the sons of Levi, and purge them as gold and silver, that they may offer unto the LORD an offering in righteousness.

4 Then shall the offering of Judah and Jerusalem be pleasant unto the LORD, as in the days of old, and as in former years.

5 And I will come near to you to judgment; and I will be a swift witness against the sorcerers, and against the adulterers, and against false swearers, and against those that oppress the hireling in his wages, the widow, and the fatherless, and that turn aside the stranger from his right, and fear not me, saith the LORD of hosts.

6 For I am the LORD, I change not; therefore ye sons of Jacob are not consumed. KJV

Mercy Seat

The original Hebrew word exclusively used in the Bible translated as Mercy Seat is *kap-po-reth*, which means, "to cover ;padon." The Hebrew root for The Mercy Seat means to pardon, or to atone for. It expresses to cover a debt. The Hebrew word kap-po-reth is used exclusively in the Scriptures for The Mercy Seat, for nothing else.

MERCY SEAT

(mur'-si-set) (kapporeth; New Testament hilasterion, Heb 9:5): The name for the lid or covering of the ark of the covenant (Ex 25:17, etc.). The Old Testament term means "covering," then, like the New Testament word, "propitiatory" (compare kipper, "to cover guilt," "to make atonement"). The ark contained the two tables of stone which witnessed against the sin of the people. The blood of sacrifice, sprinkled on the mercy-seat on the great day of atonement, intercepted, as it were, this condemning testimony, and effected reconciliation between God and His people.

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From Bible-history.com

The Greek word for Mercy Seat is 'hilasterion'. It is used here in Romans 3:25 where Paul says (literally) that God presented Christ as a propitiation or 'mercy seat'. This means that Jesus Christ is the mercy seat.

The Mercy Seat did not derive its worth from the purity of its gold but from the fact that it was the place where the blood of sacrifice was sprinkled in the presence of Yahweh.

The word for "mercy seat" is the same root for the word "atonement". It means to cover, cancel, appease, or cleanse.

The Greek equivalent is the word "propitiation".

Heb 9:5-15

5 And over it the cherubims of glory shadowing the mercyseat; of which we cannot now speak particularly.

6 Now when these things were thus ordained, the priests went always into the first tabernacle, accomplishing the service of God.

7 But into the second went the high priest alone once every year, not without blood, which he offered for himself, and for the errors of the people:

8 The Holy Ghost this signifying, that the way into the holiest of all was not yet made manifest, while as the first tabernacle was yet standing:

9 Which was a figure for the time then present, in which were offered both gifts and sacrifices, that could not make him that did the service perfect, as pertaining to the conscience;

10 Which stood only in meats and drinks, and divers washings, and carnal ordinances, imposed on them until the time of reformation.

11 But Christ being come an high priest of good things to come, by a greater and more perfect tabernacle, not made with hands, that is to say, not of this building;

12 Neither by the blood of goats and calves, but by his own blood he entered in once into the holy place, having obtained eternal redemption for us.

13 For if the blood of bulls and of goats, and the ashes of an heifer sprinkling the unclean, sanctifieth to the purifying of the flesh:

14 How much more shall the blood of Christ, who through the eternal Spirit offered himself without spot to God, purge your conscience from dead works to serve the living God?

15 And for this cause he is the mediator of the new testament, that by means of death, for the redemption of the transgressions that were under the first testament, they which are called might receive the promise of eternal inheritance. KJV

Propitiation: Satisfying the righteousness of a holy God, thereby making it possible for Him to show mercy righteously.

PROPITIATION

heological Implication: The Greek terms lack the physical reference to covering but introduce the idea of friendliness where antagonism would be natural; hence, graciousness. Naturally, therefore, the idea of expiation entered into the concept. It is

especially to be noted that all provisions for this friendly relation as between God and offending man find their initiation and provision in God and are under His direction, but involve the active response of man. All heathen and unworthy conceptions are removed from the Christian notion of propitiation by the fact that God Himself proposed, or "set forth," Christ as the "mercy-seat," and that this is the supreme expression of ultimate love. God had all the while been merciful, friendly, "passing over" man's sins with no apparently adequate, or just, ground for doing so. Now in the blood of Christ sin is condemned and expiated, and God is able to establish and maintain His character for righteousness, while He continues and extends His dealing in gracious love with sinners who exercise faith in Jesus. The propitiation originates with God, not to appease Himself, but to justify Himself in His uniform kindness to men deserving harshness.

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Rom 5:6-11

6 For when we were yet without strength, in due time Christ died for the ungodly.

7 For scarcely for a righteous man will one die: yet peradventure for a good man some would even dare to die.

8 But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.

9 Much more then, being now justified by his blood, we shall be saved from wrath through him.

10 For if, when we were enemies, we were reconciled to God by the death of his Son, much more, being reconciled, we shall be saved by his life.

11 And not only so, but we also joy in God through our Lord Jesus Christ, by whom we have now received the atonement. KJV

2 Cor 5:18

18 And all things are of God, who hath reconciled us to himself by Jesus Christ, and hath given to us the ministry of reconciliation; KJV

Rom 3:25-26

25 Whom God hath set forth to be a propitiation through faith in his blood, to declare his righteousness for the remission of sins that are past, through the forbearance of God;

26 To declare, I say, at this time his righteousness: that he might be just, and the justifier of him which believeth in Jesus. KJV

1 John 2:1-3

2:1 My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father, Jesus Christ the righteous:

2 And he is the propitiation for our sins: and not for ours only, but also for the sins of the whole world.

3 And hereby we do know that we know him, if we keep his commandments. KJV

1 John 4:10-11

10 Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins.

11 Beloved, if God so loved us, we ought also to love one another. KJV

God's forgiveness is illustrated in the Passover

The root of the word for Passover is: To spare

OT:6452

pacach (paw-sakh'); a primitive root; to hop, i.e. (figuratively) **skip over (or spare)**; by implication, to hesitate; also (literally) to limp, to dance:

KJV - halt, become lame, leap, pass over.

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1 Cor 5:7-8

7 Purge out therefore the old leaven, that ye may be a new lump, as ye are unleavened. For even Christ our passover is sacrificed for us:

8 Therefore let us keep the feast, not with old leaven, neither with the leaven of malice and wickedness; but with the unleavened bread of sincerity and truth. KJV

1 Peter 1:19-23

19 But with the precious blood of Christ, as of a lamb without blemish and without spot:
20 Who verily was foreordained before the foundation of the world, but was manifest in these last times for you,

21 Who by him do believe in God, that raised him up from the dead, and gave him glory; that your faith and hope might be in God.

22 Seeing ye have purified your souls in obeying the truth through the Spirit unto unfeigned love of the brethren, see that ye love one another with a pure heart fervently:

23 Being born again, not of corruptible seed, but of incorruptible, by the word of God, which liveth and abideth for ever. KJV

Isa 53:7-10

7 He was oppressed, and he was afflicted, yet he opened not his mouth: he is brought as a lamb to the slaughter, and as a sheep before her shearers is dumb, so he openeth not his mouth.

8 He was taken from prison and from judgment: and who shall declare his generation? for he was cut off out of the land of the living: for the transgression of my people was he stricken.

9 And he made his grave with the wicked, and with the rich in his death; because he had done no violence, neither was any deceit in his mouth.

10 Yet it pleased the LORD to bruise him; he hath put him to grief: when thou shalt make his soul an offering for sin, he shall see his seed, he shall prolong his days, and the pleasure of the LORD shall prosper in his hand. KJV

Scripture tell us that the wages of sin is death; forgiveness is to spare us from death

To restore mankind

Eph 2:12-22

12 That at that time ye were without Christ, being aliens from the commonwealth of Israel, and strangers from the covenants of promise, having no hope, and without God in the world:

13 But now in Christ Jesus ye who sometimes were far off are made nigh by the blood of Christ.

14 For he is our peace, who hath made both one, and hath broken down the middle wall of partition between us;

15 Having abolished in his flesh the enmity, even the law of commandments contained in ordinances; for to make in himself of twain one new man, so making peace;

16 And that he might reconcile both unto God in one body by the cross, having slain the enmity thereby:

17 And came and preached peace to you which were afar off, and to them that were nigh.

18 For through him we both have access by one Spirit unto the Father.

19 Now therefore ye are no more strangers and foreigners, but fellowcitizens with the saints, and of the household of God;

20 And are built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief corner stone;

21 In whom all the building fitly framed together groweth unto an holy temple in the Lord:

22 In whom ye also are builded together for an habitation of God through the Spirit. KJV

Forgiveness enables us to be restored

Psalms 103:11-13

11 For as the heaven is high above the earth, so great is his mercy toward them that fear him.

12 As far as the east is from the west, so far hath he removed our transgressions from us.

13 Like as a father pitieth his children, so the LORD pitieth them that fear him. KJV

- Relationship with God
- Relationship with each other
- Freedom from shame
- Freedom from God's judgment
- Freedom from what binds us from fulfilling out destiny in God's providence
- Unburdens our debts
- Reconciles us to God and with man
- To release the past and move forward in our spiritual development
- Restores us to a state of peace and joy

The message of Christ is forgiveness

Forgiveness

NT:859

aphesis (af'-es-is); from NT:863; **freedom**; (figuratively) **pardon**: (give)

KJV - deliverance, forgiveness, liberty, remission.

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Jesus put injustice/sin to death

Acts 5:30-31

30 The God of our fathers raised up Jesus, whom ye slew and hanged on a tree.

31 Him hath God exalted with his right hand to be a Prince and a Saviour, for to give repentance to Israel, and forgiveness of sins. KJV

Acts 13:38-40

38 Be it known unto you therefore, men and brethren, that through this man is preached unto you the forgiveness of sins:

39 And by him all that believe are justified from all things, from which ye could not be justified by the law of Moses.

40 Beware therefore, lest that come upon you, which is spoken of in the prophets; KJV

Acts 26:15-18 (Paul)

15 And I said, Who art thou, Lord? And he said, I am Jesus whom thou persecutest.

16 But rise, and stand upon thy feet: for I have appeared unto thee for this purpose, to make thee a minister and a witness both of these things which thou hast seen, and of those things in the which I will appear unto thee;

17 Delivering thee from the people, and from the Gentiles, unto whom now I send thee,

18 To open their eyes, and to turn them from darkness to light, and from the power of Satan unto God, that they may receive forgiveness of sins, and inheritance among them which are sanctified by faith that is in me. KJV

Eph 1:5-7

5 Having predestinated us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will,

6 To the praise of the glory of his grace, wherein he hath made us accepted in the beloved

7 In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace; KJV

Col 1:12-15

12 Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light:

13 Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son:

14 In whom we have redemption through his blood, even the forgiveness of sins:

15 Who is the image of the invisible God, the firstborn of every creature: KJV

Col 2:13-14

13 And you, being dead in your sins and the uncircumcision of your flesh, hath he quickened together with him, having forgiven you all trespasses;

14 Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to his cross; KJV

1 John 2:12

12 I write unto you, little children, because your sins are forgiven you for his name's sake. KJV

Forgiveness is the message of the Gospel

Acts 13:38-39

38 Be it known unto you therefore, men and brethren, that through this man is preached unto you the forgiveness of sins:

39 And by him all that believe are justified from all things, from which ye could not be justified by the law of Moses. KJV

Acts 26:18

18 To open their eyes, and to turn them from darkness to light, and from the power of Satan unto God, that they may receive forgiveness of sins, and inheritance among them which are sanctified by faith that is in me. KJV

Col 1:13-15

13 Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son:

14 In whom we have redemption through his blood, even the forgiveness of sins:

15 Who is the image of the invisible God, the firstborn of every creature: KJV

Forgiveness; thoroughly giving wholeheartedly illustrated in Jesus' parable

Matt 18:21-35

21 Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times?

22 Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven.

23 Therefore is the kingdom of heaven likened unto a certain king, which would take account of his servants.

24 And when he had begun to reckon, one was brought unto him, which owed him ten thousand talents.

25 But forasmuch as he had not to pay, his lord commanded him to be sold, and his wife, and children, and all that he had, and payment to be made.

26 The servant therefore fell down, and worshipped him, saying, Lord, have patience with me, and I will pay thee all.

27 Then the lord of that servant was moved with compassion, and loosed him, and forgave him the debt.

28 But the same servant went out, and found one of his fellowservants, which owed him an hundred pence: and he laid hands on him, and took him by the throat, saying, Pay me that thou owest.

29 And his fellowservant fell down at his feet, and besought him, saying, Have patience with me, and I will pay thee all.

30 And he would not: but went and cast him into prison, till he should pay the debt.
 31 So when his fellow servants saw what was done, they were very sorry, and came and told unto their lord all that was done.
 32 Then his lord, after that he had called him, said unto him, O thou wicked servant, I forgave thee all that debt, because thou desiredst me:
 33 Shouldest not thou also have had compassion on thy fellowservant, even as I had pity on thee?
 34 And his lord was wroth, and delivered him to the tormentors, till he should pay all that was due unto him.
 35 So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not every one his brother their trespasses. KJV

Spiritual Principles Taught by Jesus in the Parable of the King Taking Account

1. The king's relationship with everyone was that of Love. You must be one who decides to love unconditionally at all times out of Love that we have received and also in obedience to God's demand.
2. Forgive with all your heart. - verse 35
3. Take an accurate and honest account. - verse 23
4. Have compassion – See the person, not the debt - Get angry at the situation, not the person. - verse 27
5. There was no resentment
6. Loose the person (tear up the contract) - verse 27
7. Forgive, remit (thoroughly give) the debt, take it on your own account, it is a sacrifice and giving of yourself to others; true agape love). - verse 27
8. Have mercy (giving someone something they don't deserve)

Note that the wicked servant did not ask for forgiveness, but an extension. The King saw that the wicked servant could not pay and had mercy on him. (pity - verse 34)

9. Forgiveness is to agape love your neighbor or enemies.
10. Forgiveness is to let go of the injustice without penalty.

Matthew 22:39

39 And the second is like unto it, Thou shalt love thy neighbour as thyself. KJV

11. Look at how our Father, through Jesus, forgave us.

John 3:16-17

16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

17 For God sent not his Son into the world to condemn the world; but that the world through him might be saved. KJV

Acts of forgiveness gives life; unforgiveness brings torment and death.

The wicked servant

28 But the same servant went out, and found one of his fellow servants, which owed him an hundred pence: and he laid hands on him, and took him by the throat, saying, Pay me that thou owest.

29 And his fellow servant fell down at his feet, and besought him, saying, Have patience with me, and I will pay thee all.

30 And he would not: but went and cast him into prison, till he should pay the debt.

What makes this man a wicked servant? When we look at the King forgiving the man, we see that the King looked on the person more than the debt. He respected life and that the man had a destiny. The King knew that Life was more important than things or deeds done which demonstrated the Agape love God desires us to live by.

The King

1. Approaches the matter with great patience
2. The King had compassion (deep emotion and sensitivity) for the man and the trouble he was in
3. The proper use of anger to motivate, to act correctly
4. The King had mercy, giving this undeserving servant freedom and liberty instead imprisonment so that he may recover and be restored

Matt 5:7

7 Blessed are the merciful: for they shall obtain mercy. KJV

5. King expresses loving kindness
6. In forgiving, he gave the man the debt that was due without interest or repayment, so that the man may be given opportunity to live freely and move on.
7. The man was more important than the debt.
8. The King restored the person demonstrating LOVE and restored peace and joy.

NOTE: The wicked servant did not ask for forgiveness, but to extend the time to repay. The King saw the situation and with love forgave the debt.

The wicked servant

The wicked servant was blind to the gift of forgiveness given him. This happens to most of us, knowing that God has forgiven our debts which is greater than any earthly debt. This blindness was because the wicked servant did not see the person who owed him a much smaller debt, but was totally engaged with negative emotions that made him obsess and blind over a thing than to look with compassion over a fellow human being. (full of pride)

Sometimes we have problems letting ourselves forgive. We look at the injustice instead of the indebted, forgetting that a person, a life is more important. It is more important to cover the shame and guilt than to forget that there is a life that will be marred for life. We have the power to loose the one who has trespassed against us as we have been and allow that person to be restored, given another chance to grow and learn. No one goes without failing, making mistakes and falling.

These thoughts are radical to our carnal mind. The Old Testament says an eye for an eye, but Jesus says the spiritual way of the Kingdom and love is to give, or in this case, to forgive wholeheartedly. Let us remember that love is giving of oneself as in a marriage covenant asking nothing in return and unconditional.

Many times we forget the attacks of the enemy on a person's walk and shoot the wounded.

Wicked servant

1. Was not at all patient
2. Value is given in the wrong place and sees only the debt and not the person
3. Is full of anger and resentment, no pity
4. Use of anger in a destructive manner
5. Is hostile, outraged due to his self-centered attitude
6. Filled with misery
7. Instead of compassion, he holds resentment
8. Desire for revenge and retaliation
9. Destruction of a person's life and destiny
10. Was not grateful and appreciative for the kindness given him by the king
11. Result from his actions placed him in prison and in torment (invite demonic activity).

Why the wicked servant could not forgive – Resentment and Pride

The wicked servant was caught in his emotions. He was ungrateful and angry and it turned to resentment. It is resentment that takes over and causes us, or should I say, limits us to forgive completely. Emotions are a big part of forgiving, I call it letting the debt go, but you must pay the interest; resentment. **Resentment stems from lack of compassion**

Many say to forgive and to forget, but that is impossible to forget, it is the resentment we need to let go of.

What is resentment?

Resentment comes from the Latin word sentire or the French word sentir = *to feel*
When we place the prefix = *re* it implies to feel over and over again. This word means that we allow our emotions and anger to be an obsession or possess our thought life when we remember debt or the person who owes us.

The working of emotions in our lives is a gift of God to help us place depth or dimension to our thoughts and stimulate energy to do something about it. Emotions help to motivate us to do what is correct and holy, but emotions can be used to place energy for destruction or evil.

Anger vs. resentment

Anger = *Anger is an emotion, "subjectively experienced as an aroused state of toward someone or something perceived to be the source of an aversive event"*

Resentment = *is that feeling of emotions and anger, but impressed and brought back to mind over and over again increasing with fury as assumed reasons and mental conclusions proving our case.* It is treacherous manipulation or control of moods and sentiments. Resentment hardens our hearts with fear, grief, sorrow, jealousy, wrath, anger etc. like smoldering ambers.

Resentment makes us less human

What signs indicate that you may need to choose to let go of resentment

- Are you dwelling on the events surrounding the offense and loss?
- Do you have a chip on your shoulder?
- Do you feel miserable about life?
- Do you feel you are always the victim?
- Does it cause you to stop taking responsibility for your thoughts, words and actions?
- Are you wallowing in negativity and self-pity?
- Touchy about matters relating to your injustice?
- Think the worse about the person or people like them or the situations?
- Think of ways to retaliate, punish or take revenge?
- Depressed or anxious?
- Not at peace with yourself and others?
- Introspective; me, myself and I
- Are you bothered, hostile, cynical, and sarcastic because of the injustice?
- Have you allowed past resentments to be fused with the present injustice?
- Obsessed about the matter and forget to live?
- Loss of hope, joy for life?
- Life has lacks, purpose or meaning?
- Not in touch with your religious or spiritual beliefs; feel God is far away?
- Not take responsibility for your anger and actions?

What irrational thinking underlies my resentment?

- I tend to feel rejected by people; people are out to get me
- No matter what I do it is never right
- I am a product of my past, what people have mistreated or done and this is the reason and results for my failures; I'm a looser
- There is no resolving unfinished business from injustice done to me from my past
- I am unwilling to forgive, they don't deserve it
- No one understands my pain or loss
- Life is not fair, they win, I lose

How to deal with resentment?

The path in releasing and healing resentment is to begin by finding compassion and allow yourself to find mercy for the person that needs your forgiveness. In the garden God was more occupied and interested in man than the injustice.

1. It is more important to understand that from a point of love, that all of us have painful issues we are all learning to grow out of and resolve. We are all on a journey of learning to love and it takes time for us to repent from our carnal thinking to spiritual thinking. We all need mercy and it will take deep compassion for us to allow ourselves and others to move on. We are here to learn to walk in righteousness and, God in His LOVE for us, has given us freedom to be that which He created.

2. Holding resentment is our lack of faith in God. He is sovereign and rules over the Kingdom and it is He who can give us all we need. With God no one can take what was meant for you.
3. Resentment reveals how powerful earthly attachments may have power over us or how self-conscious we may be, not seeing the bigger picture of the need to love and live in bonds of peace. We do not live in lack but the abundant life of God

John 10:10-11

10 The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.

11 I am the good shepherd: the good shepherd giveth his life for the sheep. KJV

4. God wants us to all be debt free
5. God wants us to live in a state of peace and joy

John 14:27

27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid. KJV

Ps 16:11

11 Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore. KJV

John 15:10-11

10 If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love.

11 These things have I spoken unto you, that my joy might remain in you, and that your joy might be full. KJV

6. Resentment makes us blind to the opportunity to minister God's grace to others, (a true ministry) but compassion moves us to better another's life.
7. Let go of the issue because most of the time we cannot recover the loss. When we dwell there we are stuck, but there may be reasons and better things ahead. We all know that we will never recover the loss, but discover greater things from God. Why stay stuck?
8. Don't take it so personal, be humble and don't make yourself better than others. Look to see if your pride is in the way

Rom 12:3-6

3 For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you. 4 Just as each of us has one body with many members, and these members do not all have the same function, 5 so in Christ we who are many form one body, and each member belongs to all the others. NIV

9. Count it all loss, move ahead and forward to better and greater things.

Phil 3:7-9

7 But whatever was to my profit I now consider loss for the sake of Christ. 8 What is more, I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them rubbish, that I may gain Christ 9 and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ-the righteousness that comes from God and is by faith. NIV

Rom 8:18-19

18 I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. RSV

10. If resentments are not resolved and your hold to the past is not released and dealt with they will turn diabolical.

Special note on forgiving ourselves:

In forgiving ourselves we need to resolve our resentment and let ourselves the opportunity to let go of the past and move on. We need to realize that we are developing and maturing in Christ. It is the work of the Holy Spirit that reveals to us our fallen nature so that we can conform to the image of Christ

1 Thessalonians 5:23

23 And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ. KJV

- Settle your past
- Live in the present
- Look with hope to the future

Pathology unforgiveness from injustice; offences

- Injustice/offence
- Experience pain/hurt from
- Anger
- Judgment
- Unforgiveness
- Resentment
- Bitterness
- Execution of sentence, revenge, punishment – imprisonment *murder*

Results in dealing with injustice in the flesh without forgiveness

- I-justice; taking the matter in our own hands (pride)
- Retaliation; must hurt and feel the loss as I do plus more
- Vengeance; retaliation; desire to inflict injury
- Wrongfully judge from our point of experience and view; done with prejudice and partiality
- Demand repayment plus interest; an eye for an eye

- We enter into torment; endless grieving and pain (resentment)
- Self-imposed imprisonment; we place the person in prison and we become the prison guard self imposed to stay with our prisoner to guarantee their punishment.
- Enter into atrophy (the living dead) refers to a state of deterioration usually within the muscle or bodily organ due to a lack of use or health. *The deterioration of our spiritual strength; weak and unhealthy spiritually*

NOTE: Let us remember that, though we all experience injustice, injustice is to God since we are all one in God and all are part of His providence. When we offend someone, we offend God since we all belong to Him. If one would scratch the paint of someone's car, the car is marred, but the offence is to the owner.

Rom 12:19-21

19 Dear friends, never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it. [Don't take the law into your own hands.] 20 Instead, feed your enemy if he is hungry. If he is thirsty give him something to drink and you will be "heaping coals of fire on his head." In other words, he will feel ashamed of himself for what he has done to you. 21 Don't let evil get the upper hand, but conquer evil by doing good. TLB

Consequences of Not Forgiving

1. Torment - Matt 18:34 (open to demonic activity)

2. Prayers not answered and faith is weakened

Mark 11:24-26

24 Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.

25 And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses.

26 But if ye do not forgive, neither will your Father which is in heaven forgive your trespasses. KJV

1 Peter 3:7-9

7 Likewise, ye husbands, dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.

8 Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous:

9 Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing. KJV

James 5:14-15

14 Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord:

15 And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. KJV

3. Prayers hindered for couples:

1 Peter 3:7

7 Likewise, ye husbands, dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered. KJV

4. Your sins will not be forgiven:

Matt 6:14-15

14 For if ye forgive men their trespasses, your heavenly Father will also forgive you:
15 But if ye forgive not men their trespasses, neither will your Father forgive your trespasses. KJV

Luke 6:37-38

37 Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven:

38 Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again. KJV

James 2:12-13

12 So speak ye, and so do, as they that shall be judged by the law of liberty.

13 For he shall have judgment without mercy, that hath shewed no mercy; and mercy rejoiceth against judgment. KJV

5. Law of reciprocity

Matthew 7:12

12 Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets. KJV

Gal 6:7-10

7 Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.

8 For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.

9 And let us not be weary in well doing: for in due season we shall reap, if we faint not.

10 As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith. KJV

Matt 6:14-15

14 For if ye forgive men their trespasses, your heavenly Father will also forgive you:
15 But if ye forgive not men their trespasses, neither will your Father forgive your trespasses. KJV

6. We are not called to be the judges and jury, only Christ.

Spiritual Consequences of Unforgiveness

- Self-pity
- Anger
- Resentment
- Bitterness
- Self-justification
- Revenge
- Hatred
- Depression
- Discouragement
- Despondency
- Despair
- Strife
- Unkindness
- Insecurity
- Envy
- Jealousy
- A binding contract between you and the other person. Making it impossible for God to intervene because we do not allow Him to be God, and we remove His authority in our lives. We become gods, and this is stubbornness (witchcraft) and idolatry.
- We worship our anger and pain, giving extravagant devotion to the fruit of unforgiveness. (wickedness)
- Calls on the Lord of the flies and the tormentors on those who do not forgive.
- Prayers hindered
- Personal sins not forgiven
- Will call us to judgment on the matter
- We attract those who we have not forgiven
- We will bring those items into the relationships we presently have
- We give our personal power over to others who will tell us how we feel, act and what we should do
- We react to similar situations
- We are not able to have healthy communication and potential reconciliation with others
- Has earthly and eternal consequences
- We block our spiritual communication with God
- We are out of fellowship with God
- Brings confusion

James 3:16

16 For where envying and strife is, there is confusion and every evil work. KJV

- Lost of vision

1 John 2:11

11 But he that hateth his brother is in darkness, and walketh in darkness, and knoweth not whither he goeth, because that darkness hath blinded his eyes. KJV

- Judgment for judging

Matthew 7:1-3

1 Judge not, that ye be not judged.

2 For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again.

3 And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye? KJV

Romans 2:1-2

1 Therefore thou art inexcusable, O man, whosoever thou art that judgest: for wherein thou judgest another, thou condemnest thyself; for thou that judgest doest the same things.

2 But we are sure that the judgment of God is according to truth against them which commit such things. KJV

Galatians 6:1-2

1 Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted.

2 Bear ye one another's burdens, and so fulfil the law of Christ. KJV

Biblical examples of unforgiveness

Cain thought it an injustice that God only received Abel's offering and it caused him to murder Abel.

Esau was wronged by his brother, mother, and father and had unforgiveness and became bitter. This affected his whole line of children through the generations. Herod was one of Esau's future generation and he wanted to kill Jesus.

Biblical examples of forgiveness

- Esau forgives Jacob

Gen 33:4

4 And Esau ran to meet him, and embraced him, and fell on his neck, and kissed him: and they wept. KJV

- Joseph forgives his brothers

Gen 45:5

5 Now therefore be not grieved, nor angry with yourselves, that ye sold me hither: for God did send me before you to preserve life. KJV

Gen 50:20-21

20 But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive.

21 Now therefore fear ye not: I will nourish you, and your little ones. And he comforted them, and spake kindly unto them. KJV

- Moses forgives Israelites

Num. 12:1-13

- Moses forgives Miriam and Aaron

Num 12:1

12:1 And Miriam and Aaron spake against Moses because of the Ethiopian woman whom he had married: for he had married an Ethiopian woman. KJV

Num 12:3-13

3(Now the man Moses was very meek, above all the men which were upon the face of the earth.)

4 And the LORD spake suddenly unto Moses, and unto Aaron, and unto Miriam, Come out ye three unto the tabernacle of the congregation. And they three came out.

5 And the LORD came down in the pillar of the cloud, and stood in the door of the tabernacle, and called Aaron and Miriam: and they both came forth.

6 And he said, Hear now my words: If there be a prophet among you, I the LORD will make myself known unto him in a vision, and will speak unto him in a dream.

7 My servant Moses is not so, who is faithful in all mine house.

8 With him will I speak mouth to mouth, even apparently, and not in dark speeches; and the similitude of the LORD shall he behold: wherefore then were ye not afraid to speak against my servant Moses?

9 And the anger of the LORD was kindled against them; and he departed.

10 And the cloud departed from off the tabernacle; and, behold, Miriam became leprous, white as snow: and Aaron looked upon Miriam, and, behold, she was leprous.

11 And Aaron said unto Moses, Alas, my lord, I beseech thee, lay not the sin upon us, wherein we have done foolishly, and wherein we have sinned.

12 Let her not be as one dead, of whom the flesh is half consumed when he cometh out of his mother's womb.

13 And Moses cried unto the LORD, saying, Heal her now, O God, I beseech thee. KJV

- David forgives Saul

1 Sam 24:10

10 Behold, this day thine eyes have seen how that the LORD had delivered thee to day into mine hand in the cave: and some bade me kill thee: but mine eye spared thee; and I said, I will not put forth mine hand against my lord; for he is the LORD's anointed. KJV

- Prodigal son
- Jesus

Luke 23:34

34 Then said Jesus, Father, forgive them; for they know not what they do. And they parted his raiment, and cast lots. KJV

Spiritual Restoration of Life from Forgiving

- Hope
- Joy
- Compassion
- Concern for others

- Restoration
- Zeal for life
- Love
- Emotional freedom
- Temperance
- Kindness
- Peace
- Joy
- Gentleness
- Patience
- Repentance
- Mercy
- Grace for others
- Healing (spirit, soul and body)
- Prosperity
- Restoration in right standing with GOD

Scientific Studies Show that Forgiveness:

- Reduces depression
- Increases hopefulness
- Decreases anger and anxiety
- Heals relationships
- Increases maturity and personal growth
- Self-confidence
- Increases self-esteem
- Less blame on others for ones own actions
- Brings out compassion
- Prevents obsessive thinking (immediate results show improvement in health)
- Reduces stress (fight/flight process)
- Brightens ones horizons and future
- Fewer health and mental illnesses
- Develops healthy defense mechanisms of the mind
- Fewer physical symptoms
 - Cardiovascular diseases, cancer, auto immune diseases, etc.
- Spiritual growth and well being
- Feel free and healthy, physically and emotionally
- Freedom from the pain carried from the past and allows you to be free to go on
- Removes the guilt that can destroy the spirit and the mind
- Allows us to forgive ourselves
- Teaches us what is true unconditional love

Reasons we should forgive

- It is a good practice in forgiving ourselves
- We forgive because of all that we have been forgiven

- We forgive because of all the Lord will forgive us
- We forgive because if we don't, we will not be forgiven
- Because Jesus did
- If we don't forgive, it will create torment
- If we don't, our loved ones will bare the consequences
- If we forgive, it contributes to our sanctification
- It frees us to let go of the past and move on with all of our lives
- We forgive so we are released from physical consequences
- Restores us and the other person to God's providence

Forgiveness:

- Mourning is required to understand and identify ones own pain, but is necessary to release it to be free
- Must deal with personal resentment and bitterness
- Don't introspect and take things so personal
- It is a heroic choice
- You cannot have love of God without restoring love for neighbor
- Restoring someone through love restores peace and joy
- Is not carnal, but spiritual. Thoughts must be changed. It is restraining ones thoughts from destructive resentments and misdirected anger.
- Insight into releasing the pain of the injustice
- It is not cheap, but costly
- It is an act of will and not emotions
- It is not forgetting, but remembering and releasing the debt and its requirements
- Does not condone, deny, minimize, justify, neglects the act(s) or approve, but acknowledge and tries to understand the person with compassion (pity)
- It looks at the act separate from the person
- Does not seek justice, restitution, compensation (quid pro quo) or punishment.
- Releases you and the person from judgment since we all need to know that we need the grace and mercy of God from offences we have done.
- Releases you from the past to go on towards the destiny God has provided for you and the other person
- Is self-sacrificing; Jesus is our example of God's forgiveness
 - God gave Jesus, His Son so that we could understand the sacrifice of forgiveness and mercy towards us and what is necessary for us to forgive. It is the perfect illustration of Love and Forgiveness that restores us to peace and joy. It is a gift.
 - Eph 2:4-9

4 But God, who is rich in mercy, for his great love wherewith he loved us,
 5 Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;)
 6 And hath raised us up together, and made us sit together in heavenly places in Christ Jesus:
 7 That in the ages to come he might shew the exceeding riches of his grace in his kindness toward us through Christ Jesus.

8 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:

9 Not of works, lest any man should boast. KJV

- Is turning to good instead of returning evil from the injustice.

Rom 12:21

21 Be not overcome of evil, but overcome evil with good. KJV

- It is expressing love, compassion and mercy to others as much as we need it for ourselves.

Reminder: Forgiving does not mean to allow someone to keep abusing or hurting, but we forgive them.

Phases of Forgiving

- Honest reality of the injustice:
 1. What is the injustice or injury?
 2. Gather true facts of the injustice
 3. What is the true injury? Know that there are different perceptions
 4. Identify the results of the injustice
 5. What was taken, get a right perspective
 6. Be objective and try to reframe the injustice to what would lead to forgiveness
 7. What is the pain?
 8. Has it produce resentment?
 9. What are the consequences?
 10. What suffering are you experiencing in the present? Remember feelings will not resolve the matter.
 11. Get in touch with the hurt and the anger, and use righteous anger to turn things godly.
 12. Desire to find the peace that comes from God and your healing
 13. Begin to pray that the Holy Spirit will help guide and lead you to forgiveness
 14. Doing what God seeks is our best revenge
 15. It is not flesh and blood that we fight, but the work of the devil, both parties have been attacked and damaged.
 16. Separate the act from the person
 17. Have compassion for the person, look for good traits and not just the bad
 18. Give the situation to God to resolve
 19. Don't waste your precious life over the past, go forward with your life. If not, you will be stuck and not savor the best that God has for you.
 20. Begin to see your self healed and free from the torment of unforgiveness.
 21. Forgive for good
 22. Remember that you are the only one responsible for your thoughts, emotions and actions, and the only one that can deal with the hurt and pain.
 23. You are 100% responsible to forgive

24. Forgiveness returns all things back to love
 25. Recognize what you may have had a part in the injustice, if any
 26. Release hurt, anger, resentment, judgment and grief etc.
 27. Practice the presence of God and stress release management, (flight/flight)
 28. Set goals to restore your life
 29. Use the injustice as a learning process and not place guilt, shame or punishment
 30. Decide not to be a victim with all of its behaviors
 31. Stop trying to be or prove you are right, make it right instead
 32. Give up your grudges and resentment
 33. Change your story of the grievance(s) to a testimony of love, peace, grace and mercy, giving God the Glory instead of the devil
 34. Be willing to learn forgiveness
 - by asking others whom you have seen forgive
 - reading or listening to testimonies on healing
 - seeing how God has and forgives us
- Decision Stage
 1. Commit to forgive and do what is necessary
 2. It may take a while
 3. Be patient with yourself and those that have caused you injustice
 4. You will have to learn forbearance
 - Work stage
 1. Form new ways of thinking and stop thinking on how to get even
 2. Stop making excuses or reasons for not forgiving
 3. Don't become and act as a victim
 4. Stop believing that you're the only person in life who has suffered
 5. Stop making vows; "I will never trust anyone again."
 6. Find courage from God within and others to continue to forgive
 7. Think out the process
 8. Have compassion on the person; see if you could have walked in the other person's shoes.
 9. Stop condemning
 10. Stop obsessing by returning the story of the account
 11. Don't fantasize how you will take revenge
 12. Be careful of your imagination and negative emotions. Separate the act from the person.
 13. Don't set up what you think is appropriate repentance; that is God's domain
 14. Surrender to God to work out the anger, and restore you to peace and joy
 15. Don't introspect and take things so personal. Remember we are all growing and maturing; life is a school of learning to love.
 16. Look to the work of forgiveness through Jesus' example as HE forgave
 17. Remember we need forgiveness many times also. We are all imperfect and have weaknesses.

18. Don't create or have false and unknown expectations of the person who offended you
19. Be merciful, we have needed mercy and forgiveness in the past
20. Forgiveness is a choice and it is not an option
21. We need to take responsibility to love and forgive because Christ brought to death all injustices
22. Give the person to the Lord to judge and be free to live on
23. See the person's qualities and good
24. Take responsibility for your actions and stop the blame game
25. Know we cannot change people, only God can change and heal others
26. Forgiveness may take some time, but move towards your return to peace and joy
27. Love

- Deepening
 1. Set your heart on the freedom brought about by a clear mind and emotions
 2. Restore all things back to love and make it your goal
 3. Seek peace with God and all men
 4. Stop the cycle of returning to the injuries and the offences
 5. Know this is what God desires of us and our lives are complete in Him
 6. Let Him take charge and turn it to good
 7. Allow the healing to permeate spirit, soul and body
 8. Experience the Love that comes from forgiving
 9. Surrender to God
 10. Remember that the Joy of the Lord is your strength and you can do all things through Christ
 11. All things work out for good for those who love God
 12. Let go of the past and look forward to the wonders that God has for you because of your obedience to His Word

Some fruits of unforgiveness

- Bitterness
- Critical spirit
- Resentment
- Selfishness
- Without mercy
- Anger
- Hate
- Loathing
- Grieving
- Rage
- Retaliation
- Revenge
- Envy
- Jealousy

- Strife
- Unkindness
- Offensive
- Defensive
- Wrath
- Insecurity/insecure
- Pride
- Low self-esteem/esteeming others
- Lack of respect

Forgive those who others have forgiven

2 Cor 2:10-11

10 To whom ye forgive any thing, I forgive also: for if I forgave any thing, to whom I forgave it, for your sakes forgave I it in the person of Christ

11 Lest Satan should get an advantage of us: for we are not ignorant of his devices. KJV

2 Cor 2:10-11

10 If you forgive anyone, I also forgive him. And what I have forgiven-if there was anything to forgive-I have forgiven in the sight of Christ for your sake, 11 in order that Satan might not outwit us. For we are not unaware of his schemes. NIV

Go to those you know have unforgiveness towards you

God takes the matter of forgiveness seriously. He says to leave the offering we have and go make it right before we give.

Matt 5:23-24

23 Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee;

24 Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift. KJV

NOTE: God will not accept our offerings when there is unforgiveness

Scriptures

Psalms 51:2

2 Wash me thoroughly from mine iniquity, and cleanse me from my sin. KJV

Prov 17:9

9 He who covers over an offense promotes love,
but whoever repeats the matter separates close friends. NIV

Proverbs 20:22

22 Say not thou, I will recompense evil; but wait on the LORD, and he shall save thee.
KJV

Matthew 6:14

14 For if ye forgive men their trespasses, your heavenly Father will also forgive you:
KJV

Matthew 5:44-45

44 But I say unto you, Love your enemies, bless them that curse you, do good to them
that hate you, and pray for them which despitefully use you, and persecute you;
45 That ye may be the children of your Father which is in heaven: for he maketh his sun
to rise on the evil and on the good, and sendeth rain on the just and on the unjust. KJV

Mark 11:25

25 And when ye stand praying, forgive, if ye have ought against any: that your Father
also which is in heaven may forgive you your trespasses. KJV

Matt 6:12-15

12 And forgive us our debts, as we forgive our debtors.
13 And lead us not into temptation, but deliver us from evil: For thine is the kingdom,
and the power, and the glory, for ever. Amen.
14 For if ye forgive men their trespasses, your heavenly Father will also forgive you:
15 But if ye forgive not men their trespasses, neither will your Father forgive your
trespasses. KJV

Ps 32:1-2

32:1 Blessed is he whose transgression is forgiven, whose sin is covered.
2 Blessed is the man unto whom the LORD imputeth not iniquity, and in whose spirit
there is no guile. KJV

Ps 130:3-5

3 If thou, LORD, shouldest mark iniquities, O Lord, who shall stand?
4 But there is forgiveness with thee, that thou mayest be feared.
5 I wait for the LORD, my soul doth wait, and in his word do I hope. KJV

Acts 13:38-39

38 Be it known unto you therefore, men and brethren, that through this man is preached unto you the forgiveness of sins:

39 And by him all that believe are justified from all things, from which ye could not be justified by the law of Moses. KJV

1 John 1:7-10

7 But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin.

8 If we say that we have no sin, we deceive ourselves, and the truth is not in us.

9 If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

10 If we say that we have not sinned, we make him a liar, and his word is not in us. KJV

Matt 18:21-22

21 Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times?

22 Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven. KJV

Matt 18:34-35

34 And his lord was wroth, and delivered him to the tormentors, till he should pay all that was due unto him.

35 So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not every one his brother their trespasses. KJV

Mark 11:25-26

25 And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses.

26 But if ye do not forgive, neither will your Father which is in heaven forgive your trespasses. KJV

Luke 6:37-38

37 Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven:

38 Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again. KJV

Luke 17:3-4

3 Take heed to yourselves: If thy brother trespass against thee, rebuke him; and if he repent, forgive him.

4 And if he trespass against thee seven times in a day, and seven times in a day turn again to thee, saying, I repent; thou shalt forgive him. KJV

Luke 23:34

34 Then said Jesus, Father, forgive them; for they know not what they do. And they parted his raiment, and cast lots. KJV

2 Cor 2:5-8

5 Remember that the man I wrote about, who caused all the trouble, has not caused sorrow to me as much as to all the rest of you-though I certainly have my share in it too. I don't want to be harder on him than I should. He has been punished enough by your united disapproval. 7 Now it is time to forgive him and comfort him. Otherwise he may become so bitter and discouraged that he won't be able to recover. 8 Please show him now that you still do love him very much. TLB

James 5:15

15 And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. KJV

Colossians 3:12-13

12 Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering;

13 Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. KJV

Eph 4:32

32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you. KJV

1 Peter 3:8-11

8 Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous:

9 Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing.

10 For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile:

11 Let him eschew evil, and do good; let him seek peace, and ensue it. KJV

Mark 2:5

5 When Jesus saw their faith, he said unto the sick of the palsy, Son, thy sins be forgiven thee. KJV

Ps 103:3-6

3 Who forgiveth all thine iniquities; who healeth all thy diseases;

4 Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;

5 Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.

6 The LORD executeth righteousness and judgment for all that are oppressed. KJV

John 5:14

14 Afterward Jesus findeth him in the temple, and said unto him, Behold, thou art made whole: sin no more, lest a worse thing come unto thee. KJV

James 5:15-16

15 And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.

16 Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much. KJV

God's example of forgiveness:

God the Father sent His Son in the flesh and gave Himself up to pay for our sins towards Him, to return us to His loving relationship removing all penalties of our sins for total restoration. He put to death all injustices; this is LOVE.

John 3:16

16 For God so loved the world that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. KJV

Ephesians 2:4-9

4 But God, who is rich in mercy, for his great love wherewith he loved us,

5 Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;)

6 And hath raised us up together, and made us sit together in heavenly places in Christ Jesus:

7 That in the ages to come he might shew the exceeding riches of his grace in his kindness toward us through Christ Jesus.

8 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:

9 Not of works, lest any man should boast. KJV

Unforgiveness Questionnaire

List names and situations from your past to the present that you need to forgive. (God, others and yourself) Parents, siblings, relative, neighbors, etc.

Retell your story

Write down the memory of the event and the hurt done to you.

Read your story and list those items that need to be forgiven; take a full and honest account.

Reread your story and identify your feelings and emotions.

Reread and identify what really hurt you.

Identify what kind of anger you have.

Write down your plans that would satisfy the injustice.

Read you plan and list you sins against love.

Note: "Forgive us our trespasses and we forgive those who trespass against us"

Write down what you would say if you could to this or persons.

Note: this does not mean you need to confront anyone.

What still holds you from forgiving wholeheartedly?

What limits you to move on?

Forgive parents and siblings, set yourself free

FORGIVENESS QUIZ

1. You must forgive with all of your _____. Matt. 18:35
2. Name some of the King's attributes, which are needed to forgive and scripture resource for his behavior.
 - a. _____

 - b. scripture source _____
3. Define forgiveness _____
4. Define compassion _____
5. Define resentment _____
6. From Matt. 18:21-35 list the steps to forgiveness:

7. Define the law of reciprocity.

8. What happens if we do not forgive?

9. Are there times we need not to forgive? _____
10. Define mercy? _____
11. Was Cain forgiven for his sin of murder?

12. If so, why was he punished? _____
13. What have we learned from the servant who did not forgive his servant's debt?

14. What is resentment and what is the cure?

15. What specific things have you learned from the teaching on forgiveness that helped you to forgive others? _____

16. Do you have a testimony about forgiveness that has set you free?

17. What about the person who forgives the debt, is this fair? How does he deal with the emotions and memories?

18. If you have understood the importance of forgiveness, how should you apply this principle for your life?

19. Is forgiveness an option? _____