



## The Power of Forgiveness



The miraculous power of forgiveness was released into the world by the prayer Jesus spoke as He hung wounded and dying on the cross.



He said, “Father, forgive them for they do not know what they are doing.” (Luke 23:34)

He knew and understood that those who were wounding and crucifying Him were fulfilling God’s master plan of salvation through forgiveness for all who would believe in Him as the Son of God.

There had to be a perfect living sacrifice in order to obtain forgiveness of all sin.

And with those words He spoke on the cross, He opened the windows of heaven and eternal life to all who would believe and have faith in Him as the Son of God who was sent to save the world.

Ephesians 1:7 declares, “*In Him we have redemption through His blood, the forgiveness of our sins, according to the riches of His grace.*”

The most powerful words ever spoken, that would change the destiny of mankind, were spoken by Jesus, but, God commands that every believer who receives forgiveness for their sins, through the sacrifice of Jesus, must forgive others who have caused them to feel hurt through their words or actions.

We, as the forgiven ones sometimes treat forgiveness as though it is an obligation on God’s part, but a choice on our part whether to forgive, or not forgive, those who have hurt us.

People who have a hard time forgiving others, usually have a hard time forgiving themselves.

**LOVE**

There are three things that reveal the depth of our relationship with God: The way we love people, the way we accept people and the way we forgive people.

**ACCEPT**

**FORGIVE**

When we refuse to forgive another person, we put that person, and ourselves, in bondage to our unforgiveness.

(Cont'd)

In spite of the total forgiveness of Jesus' sacrifice, many Christians are in bondage and misery in a mental jail of their own making where the bars on the door and windows are made of scar tissue hardened by unforgiveness and bitterness.



We are to forgive our brothers and sisters, and all who sin against us from our heart. The word heart, every place it is used in the Bible means: "the thoughts, the feelings or emotions, and the mind."

That is where unforgiveness lives and breeds bitterness; in our thoughts, emotions, and decisions.

Any wounds we receive as children or adults are hard to heal in our thoughts and our emotions.

But the day we make the quality decision to refuse to think those thoughts anymore and to follow the Bible prescription to think instead on the things listed in Philippians 4:8, "*things that are true, honest, right, pure, lovely and admirable, think on these things.*"

Proverbs 17:22 says, "*Sorrow weighs down the heart – but a cheerful heart does good like a medicine.*"

It is always a choice. Whatever you choose to look at, listen to, talk about or think about, either sets you free or puts you in bondage.

If you wait to be happy, you will wait forever, but if you choose to be happy that is the way you will be.

*"Judge not, and you shall not be judged; condemn not, and you shall not be condemned; forgive, and you shall be forgiven."* Luke 6:37

Freedom from unforgiveness is ours, but it is our responsibility to keep it or not.



Ephesians 4:29 tells us how to live in an attitude of forgiveness: "*Let no unwholesome talk come out of your mouth. Speak what is good for building up others according to their needs, that it may minister grace to those who listen. Don't grieve the Holy Spirit who has sealed you unto the day of redemption. Get rid of all bitterness, and anger, and evil speaking, along with all malice. Be kind to one another, be tender-hearted, forgiving one another just as in Christ God has forgiven you.*"

(Cont'd)

No one can make you feel bad about yourself without your permission. So to choose to be hurt by the words or the actions of someone else exposes an insecurity within us, a weakness, or a fault.



The person who hurt us happened to touched one of those weaknesses and we think they did it on purpose.

Don't give anyone the power to make you feel bad or you will begin to fear and draw away from that person because they have the power to hurt you.

Always remember, God loves that person that hurt you as much as He loves you.

Forgiveness is more of a Christ-like act than even serving in the church or a ministry because it is how we, as Christians, represent Jesus to the world.

Just remember, as a Christian, you are already forgiven by God, through the sacrifice of His Son.

We can only learn the power of forgiveness by doing it. And no one can do it for us, Jesus forgives us so we must forgive others.



According to the words of Jesus, *“If you do not forgive neither can my Father forgive you.”* Mark 11:26



## *The Power of Forgiveness*

1. What could be ONE reason why we have a hard time forgiving others who have hurt us?

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2. What are the three things that reveal the depth of our relationship with God?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

3. When we refuse to forgive another person, we put that person and ourselves in

\_\_\_\_\_ .

4. Does God love those who hurt us? \_\_\_\_\_

5. What does Ephesians 4:49 say about what kind of attitude we should live by?

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6. Why should we forgive? (Mark 11:26)  
(The answer to this question will be your memory verse)

**MEMORY VERSE** \_\_\_\_\_

\_\_\_\_\_

## *The Power of Forgiveness*

1. What could be ONE reason why we have a hard time forgiving others who have hurt us?

Usually because we have a hard time forgiving ourselves.

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2. What are the three things that reveal the depth of our relationship with God?

- a. Love people
- b. Accept people
- c. Forgive people

3. When we refuse to forgive another person, we put that person and ourselves in

Bondage.

4. Does God love those who hurt us? Yes

5. What does Ephesians 4:49 say about what kind of attitude we should live by?

Attitude of forgiveness.

6. Why should we forgive? (Mark 11:26)

MEMORY VERSE *“If you do not forgive neither can my Father forgive you.”*