

Forgiveness

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Forgiveness—Human sin and offense “sent away” from self and from God

- Forgiveness gives freedom
 - Release from guilt
 - Emotional healing
 - Spiritual healing
 - Vs. Bondage

- Forgiveness restores fellowship
 - Accepting forgiveness makes us humble
 - Accepting forgiveness makes us equals
 - Accepting forgiveness bonds us together
 - Vs. Bitterness

- Forgiveness grants forgiveness to others
 - Willingness to forgive illustrates our understanding of forgiveness
 - Willingness to forgive makes us an extension of God’s forgiveness
 - Willingness to forgive gives us a winsome personality
 - Vs. Getting even

	God	Others	Self
We receive from	Eternal Life	Freedom Joy	Inner Peace
We reject from	Eternal Death	Disunity	Pride
We offer to	Self-acceptance Peace of heart	Fellowship	Emotional Health
We withhold from	Defiance Depression	Bitterness Anger	Self-destructive Behaviors

1-We forgive those who wrong us even though they do not ask for forgiveness

Results- We are free and at peace
The way is open for the other person to seek forgiveness
They are not forgiven by God until they ask for forgiveness

2-We forgive those who ask for forgiveness from us

Results- We are free and at peace
They are free and at peace
Fellowship is restored

3-We ask for forgiveness from someone who refuses to forgive us

Results- We are forgiven by God because we asked for forgiveness
We are free and at peace
They are not at peace because they have refused to forgive

“Forgive us our trespasses as we
Forgive those who have trespassed against us”

Suggested reading

Total Forgiveness by Kendall

Caring Enough to Forgive by Augsburg