



FORGIVENESS – On the Road to Wholeness!

FORGIVENESS – A PROCESS, NOT AN EVENT!

Summary: Forgiveness is a source of healing, but it takes time—it's a process!

Bible Verses: I John 1:8-10; Matthew 18:23-35; Hebrews 12:15; Proverbs 19:3; Romans 8:28; Romans 12:14; I Corinthians 13:4-5; Matthew 6:14-15; Matthew 7:18

Video Clips: YouTube – "FORGIVENESS"

Music: "Ghosts That We Knew" by Mumford & Sons

Resources: *FORGIVING THE UNFORGIVABLE* by David Stoop, PhD.; and *CHOOSING FORGIVENESS* by John Loren & Paula Sanford
June 25, 2015

Forgiveness is the most universal issue with which everyone must deal—learning to both give and receive forgiveness is required on the road to wholeness. Unforgiveness is the root cause of most every relationship problem. If you want to be free, happy, and grow in your relationships with God and others, forgiveness is not an option—it is a necessity. Forgiveness heals broken lives and relationships and restores the integrity of your real self. This study will help you choose forgiveness and turn from guilt, bitterness, and resentment in order to walk on the road toward wholeness and holiness.

FORGIVENESS IS MEDICINE!

1. You cannot be healthy if your body is clogged with the energy of _____, _____, and _____. Your body is like a filter in your home AC/Heating unit.
2. Whenever you judge, make someone wrong, blame, project, repress anger, hold resentment, etc., you create _____ in your body. The result is sickness—depression, multiple sclerosis, diabetes, cancer, etc.
Quote by Colin Tipping.
3. _____ = write down your thoughts—conscious, unresolved emotional issue. Example: healing from the flu.
4. _____ = The more elevated your consciousness, the faster you create change in anything to which you give your focused attention. Example: Seattle University Forgiveness Study.

FORGIVENESS TEST – Six Questions to Assess Unforgiveness!

1. Does remembering a particular hurtful event trigger _____ or even revulsion? The hurt is still alive (Hebrews 12:15). Embrace the pain of remembering and walk through the process of forgiving so progressive healing will result.
2. Does the stress of remembering hurtful events cause _____ or discomfort? Pay attention to how your body reacts physically.
3. Does the painful experience bring to mind anything for which you _____ or _____ with God? Do you hold God responsible for your continued hurt (Proverbs 19:3)? Where is God? Why did God ... ? God will use your experience of hurt to produce growth and character in you (Romans 8:28).
4. Can the offending party be thought of with a sincere wish that _____ in his or her life? Forgiveness holds no grudges and wishes no penalties of retribution (Romans 12:14; I Corinthians 13:4,5).
5. Has saying "I forgive you" produced a sense that yields _____? Are you being honest about how you really feel? If you are forgiving because you know you should, it may mean you are just going through the motions. When you think about the person who hurt you ...
 - Do you generally feel OK about them, with no sense of lingering hurt or bitterness?
 - Do you feel a loving warmth and desire for their success and happiness?
 - Do you feel empathetic hurt for their hurts with a private sense of pleasure that perhaps they are getting what they deserve?
 - If you happened to walk into their presence, would you welcome them?
6. Is forgiveness producing positive results in offering _____ (Matthew 6:14-15; 7:18).

ACTION: Journal This!

1. What physical ailments do you deal with?
2. What is your greatest experience with forgiveness?
3. Who do you need to forgive?

Waging "war" on cancer with toxic drugs and other violent treatment will never bring about a cure for cancer. Violent, high-tech, politically motivated solutions to the earth's problems won't work either. The only thing that will work, in both cases, is love. - Colin Tipping in RADICAL FORGIVENESS.

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Bible Verses

I John 1:8-10

⁸⁻¹⁰ If we claim that we're free of sin, we're only fooling ourselves. A claim like that is errant nonsense. On the other hand, if we admit our sins—make a clean breast of them—he won't let us down; he'll be true to himself. He'll forgive our sins and purge us of all wrongdoing. If we claim that we've never sinned, we out-and-out contradict God—make a liar out of him. A claim like that only shows off our ignorance of God.

Matthew 18:23-35

²³⁻²⁵ "The kingdom of God is like a king who decided to square accounts with his servants. As he got under way, one servant was brought before him who had run up a debt of a hundred thousand dollars. He couldn't pay up, so the king ordered the man, along with his wife, children, and goods, to be auctioned off at the slave market.

²⁶⁻²⁷ "The poor wretch threw himself at the king's feet and begged, 'Give me a chance and I'll pay it all back.' Touched by his plea, the king let him off, erasing the debt.

²⁸ "The servant was no sooner out of the room when he came upon one of his fellow servants who owed him ten dollars. He seized him by the throat and demanded, 'Pay up. Now!'

²⁹⁻³¹ "The poor wretch threw himself down and begged, 'Give me a chance and I'll pay it all back.' But he wouldn't do it. He had him arrested and put in jail until the debt was paid. When the other servants saw this going on, they were outraged and brought a detailed report to the king.

³²⁻³⁵ "The king summoned the man and said, 'You evil servant! I forgave your entire debt when you begged me for mercy. Shouldn't you be compelled to be merciful to your fellow servant who asked for mercy?' The king was furious and put the screws to the man until he paid back his entire debt. And that's exactly what my Father in heaven is going to do to each one of you who doesn't forgive unconditionally anyone who asks for mercy."

Hebrews 12:14-17

¹⁴⁻¹⁷ Work at getting along with each other and with God. Otherwise you'll never get so much as a glimpse of God. Make sure no one gets left out of God's generosity. Keep a sharp eye out for weeds of bitter discontent. A thistle or two gone to seed can ruin a whole garden in no time. Watch out for the Esau syndrome: trading away God's lifelong gift in order to satisfy a short-term appetite. You well know how Esau later regretted that impulsive act and wanted God's blessing—but by then it was too late, tears or no tears.

Proverbs 19:3

³ People ruin their lives by their own stupidity, so why does God always get blamed?

Romans 8:26-28

²⁶⁻²⁸ Meanwhile, the moment we get tired in the waiting, God's Spirit is right alongside helping us along. If we don't know how or what to pray, it doesn't matter. He does our praying in and for us, making prayer out of our wordless sighs, our aching groans. He knows us far better than we know ourselves, knows our pregnant condition, and keeps us present before God. That's why we can be so sure that every detail in our lives of love for God is worked into something good.

Romans 12:14-16

¹⁴⁻¹⁶ Bless your enemies; no cursing under your breath. Laugh with your happy friends when they're happy; share tears when they're down. Get along with each other; don't be stuck-up. Make friends with nobodies; don't be the great somebody.

I Corinthians 13:3-7

³⁻⁷ If I give everything I own to the poor and even go to the stake to be burned as a martyr, but I don't love, I've gotten nowhere. So, no matter what I say, what I believe, and what I do, I'm bankrupt without love.

Love never gives up. Love cares more for others than for self. Love doesn't want what it doesn't have. Love doesn't strut, doesn't have a swelled head, doesn't force itself on others, isn't always "me first," doesn't fly off the handle, doesn't keep score of the sins of others, doesn't revel when others grovel, takes pleasure in the flowering of truth, puts up with anything, trusts God always, always looks for the best, never looks back, but keeps going to the end.

Matthew 6:14-15

¹⁴⁻¹⁵ "In prayer there is a connection between what God does and what you do. You can't get forgiveness from God, for instance, without also forgiving others. If you refuse to do your part, you cut yourself off from God's part.

Matthew 7:15-20

¹⁵⁻²⁰ "Be wary of false preachers who smile a lot, dripping with practiced sincerity. Chances are they are out to rip you off some way or other. Don't be impressed with charisma; look for character. Who preachers *are* is the main thing, not what they say. A genuine leader will never exploit your emotions or your pocketbook. These diseased trees with their bad apples are going to be chopped down and burned.

GHOSTS THAT WE KNEW

Written and Performed by Mumford & Sons

You saw my pain washed out in the rain
Broken glass, saw the blood run from my veins
But you saw no fault, no cracks in my heart
And you knelt beside my hope torn apart

But the ghosts that we knew will flicker from view
We'll live a long life

So give me hope in the darkness that I will see the light
'Cause oh that gave me such a fright
But I will hold as long as you like
Just promise me we'll be alright

So lead me back, turn south from that place
And close my eyes to my recent disgrace

'Cause you know my call
And we'll share my all
And our children come and they will hear me roar

So give me hope in the darkness that I will see the light
'Cause oh that gave me such a fright
But I will hold as long as you like
Just promise me we'll be alright

But hold me still, bury my heart on the coals

So give me hope in the darkness that I will see the light
'Cause oh that gave me such a fright
But I will hold on as long as you
Just promise me we'll be alright

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“It is impossible to forgive someone if you feel superior to him or her.” - Timothy Keller

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