

ASSIGNMENTS

1. Daily read over this material and read or sing the song.
2. Place the scripture where you will see it each day.
3. Look for areas in which you have not forgiven someone each day.
4. Write down the ways you have forgiven people that day.
5. Plan to tell the class an example of how you or someone else practiced forgiveness and what happened as a result of doing so, or tell the class how you should have forgiven someone but did not during your life.



Doing an injury puts you below your enemy; revenge only puts you even with him; but forgiving places you above him.



General Oglethorpe once said to John Wesley, "I never forgive and I never forget." To which Wesley replied, "Then Sir, I hope you never sin." Very apt, for when we reflect on how much God has forgiven us, it makes our own little grudges against others seem rather petty.



DAILY BIBLE VERSES AND PRAYER THOUGHTS

MONDAY - VERSES: Psalm 86:5; Jeremiah 31:34 PRAYER

THOUGHT: Thank God for His willingness and desire to forgive.

TUESDAY - VERSES: Mark 11:25-26; 2 Corinthians 2:6-11

PRAYER THOUGHT: Ask God to help you have the same willingness and desire to forgive that He has.

WEDNESDAY - VERSES: Ephesians 4:31; Colossians 3:19;

Hebrews 12:15 PRAYER THOUGHT: Ask God to help you let go of any anger or grudges that you have held.

THURSDAY - VERSES: Matthew 18:23-35 PRAYER

THOUGHT: Ask God to help you remember that forgiveness from Him can be lost if we do not forgive.

FRIDAY - VERSES: Matthew 5:23-24; 18:15-17 PRAYER

THOUGHT: Ask God for the courage to try to restore relationships damaged by sin either yours or another's

SATURDAY - VERSES: Psalm 79:8; 103:10-14; 130:3 PRAYER

THOUGHT: Thank God for all the times He has forgiven you in the past and ask for His help to not bring up forgiven things again.

SPIRITUAL HEALTH REGIMEN - WEEK 58

FORGIVENESS - 9-1-13 TO 9-7-13

SCRIPTURE - Matthew 6:14 "For if you forgive men their trespasses, your heavenly Father will also forgive you."

COMMENT - Jesus places a condition on our forgiveness from God - we must forgive others if we expect to be forgiven our own sins.

SONG - THE LORD'S PRAYER

Our Father, which art in heaven, Hallowed be Thy name. Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread, And forgive us our debts as we forgive our debtors. And lead us not into temptation, but deliver us from evil, For Thine is the kingdom, and the power, and the glory, forever. Amen. Amen.

THOUGHTS

Oh, to have an eraser that would wipe out painful memories. Not so much of the times when we've been hurt, but those stabbing memories of the times when we've hurt others.



"If our greatest need had been information, God would have sent us an educator. If our greatest need had been technology, God would have sent us a scientist. If our greatest need had been money, God would have sent us an economist. But since our greatest need was forgiveness, God sent us a Savior."



Sir Walter Scott had difficulty with the idea of "turning the other cheek." But Jesus' words took on special meaning one day when Scott threw a rock at a stray dog to chase it away. His aim was straighter and his delivery stronger than he had intended, for he hit the animal and broke its leg. Instead of running off, the dog limped over to him and licked his hand. Sir Walter never forgot that touching response. He said, "That dog preached the Sermon on the Mount to me as few ministers have ever presented it." Scott said he had not found human beings so ready to forgive their enemies.



An interesting story is related of a Scottish physician who was noted for skill and piety. After his death, when his books were examined, several accounts had written across them in red ink,

"Forgive-- too poor to pay."

His wife, who was of a different disposition said: "These accounts must be paid!" She therefore sued for the money.

The judge asked her: "Is this your husband's handwriting in red ink?" She replied in the affirmative.

"Then," said he, "there is not a tribunal in the land that can obtain the money where he has written 'Forgive'."

So likewise when Jesus writes the word "Forgive" across our account in the ledger of heaven we are released from condemnation.



One night a young woman responded to God's call and was baptized into Christ. The young woman had a rough past, involving alcohol, drugs, and prostitution. But, the change in her was evident. As time went on she became very involved in the church. She eventually became involved in teaching young children. It was not very long until this faithful young woman had caught the eye and heart of the preacher's son.

The relationship grew and they began to make wedding plans. This is when the problems began. You see, about one half of the church did not think that a woman with a past such as hers was suitable for a preacher's son. The church began to argue and fight about the matter. So they decided to have a meeting.

As the people made their arguments and tensions increased, the meeting was getting completely out of hand. The young woman became very upset about all the things being brought up about her past. As she began to cry the preacher's son stood to speak. His statement was this: "My fiancée's past is not what is on trial here. What you are questioning is the ability of the blood of Jesus to wash away sin. Today you have put the blood of Jesus on trial. Does it wash away sin or not?" The whole church began to weep as they realized that they had been slandering the blood of the Lord Jesus Christ.

Too often, even as Christians, we bring up the past and use it as a weapon against our brothers and sisters. Forgiveness is a very foundational part of the Gospel of the Lord Jesus Christ. If the blood of Jesus does not cleanse the other person completely then it cannot cleanse us completely. If that is the case, then we are all in a lot of trouble.

What can wash away my sins? Nothing but the blood of Jesus!
God Forgives... So Should We!



One of my teachers had each one of us bring a clear plastic bag and a sack of potatoes. For every person we'd refuse to forgive in our life experience, we chose a potato, wrote on it the name and date, and put it in the plastic bag.

Some of our bags were quite heavy. We were then told to carry this bag with us everywhere for one week, putting it beside our bed at night, on the car seat while driving, next to our desk at work. The hassle of lugging this around with us made it clear what a weight we were carrying spiritually, and how we had to pay attention to it all the time to not forget and keep leaving it in embarrassing places.

Naturally, the condition of the potatoes deteriorated to a nasty slime. This was a great metaphor for the price we pay for keeping our pain and heavy negativity! Too often we think of forgiveness as a gift to the other person, and it clearly is for ourselves!!



Always forgive your enemies - nothing annoys them so much. -

Oscar Wilde



FORGIVE AND YOU WILL BE FORGIVEN

INTRODUCTION - A NUMBER OF SCRIPTURES PRESENT THIS PRINCIPLE - MARK 11:25-26; LUKE 6:36-38; 17:3-4; MATTHEW 6:9-15; 18:21-35

I. THESE SCRIPTURES ASSUME WE HAVE PEOPLE WHO SIN AGAINST US - MATTHEW 18:7; LUKE 17:1

II. THESE SCRIPTURES ASSUME IT IS DIFFICULT FOR US TO FORGIVE OTHERS

III. THESE SCRIPTURES ASSUME OUR OWN DESIRE FOR FORGIVENESS FROM GOD - ROMANS 4:7; 2 CORINTHIANS 2:6-8

FORGIVE AND YOU WILL BE FORGIVEN

SCRIPTURE - (Mat 6:9-15) "In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name. {10} Your kingdom come. Your will be done On earth as it is in heaven. {11} Give us this day our daily bread. {12} And forgive us our debts, As we forgive our debtors. {13} And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen. {14} "For if you forgive men their trespasses, your heavenly Father will also forgive you. {15} "But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

INTRODUCTION - A NUMBER OF SCRIPTURES PRESENT THE SAME PRINCIPLE

A. FORGIVE BEFORE PRAYING - (Mark 11:25-26) "And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. {26} "But if you do not forgive, neither will your Father in heaven forgive your trespasses."

B. SAME MEASURE USED WITH YOU THAT YOU USE FOR OTHERS - (Luke 6:36-38) "Therefore be merciful, just as your Father also is merciful. {37} "Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven. {38} "Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you."

C. IF HE REPENTS FORGIVE HIM - (Luke 17:3-4) "Take heed to yourselves. If your brother sins against you, rebuke him; and if he repents, forgive him. {4} "And if he sins against you seven times in a day, and seven times in a day returns to you, saying, 'I repent,' you shall forgive him."

D. HOW OFTEN SHOULD I FORGIVE, 490? - (Mat 18:21-35) Then Peter came to Him and said, "Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?" {22} Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven. {23} "Therefore the kingdom of heaven is like a certain king who wanted to settle accounts with his servants. {24}

"And when he had begun to settle accounts, one was brought to him who owed him ten thousand talents. {25} "But as he was not able to pay, his master commanded that he be sold, with his wife and children and all that he had, and that payment be made. {26} "The servant therefore fell down before him, saying, 'Master, have patience with me, and I will pay you all.' {27} "Then the master of that servant was moved with compassion, released him, and forgave him the debt. {28} "But that servant went out and found one of his fellow servants who owed him a hundred denarii; and he laid hands on him and took him by the throat, saying, 'Pay me what you owe!' {29} "So his fellow servant fell down at his feet and begged him, saying, 'Have patience with me, and I will pay you all.' {30} "And he would not, but went and threw him into prison till he should pay the debt. {31} "So when his fellow servants saw what had been done, they were very grieved, and came and told their master all that had been done. {32} "Then his master, after he had called him, said to him, 'You wicked servant! I forgave you all that debt because you begged me. {33} 'Should you not also have had compassion on your fellow servant, just as I had pity on you?' {34} "And his master was angry, and delivered him to the torturers until he should pay all that was due to him. {35} "So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses."

I. THESE SCRIPTURES ASSUME WE HAVE PEOPLE WHO SIN AGAINST US

A. (Mat 18:7) "Woe to the world because of offenses! For offenses must come, but woe to that man by whom the offense comes!

B. (Luke 17:1) Then He said to the disciples, "It is impossible that no offenses should come, but woe to him through whom they do come!

II. THESE SCRIPTURES ASSUME IT IS DIFFICULT FOR US TO FORGIVE OTHERS

A. I Don't Get Mad I Get Even

B. I'll Never Talk to Them Again

C. Doing an Injury Puts You below Your Enemy; Revenge Only Puts You Even with Him; but Forgiving Places You above Him.

III. THESE SCRIPTURES ASSUME OUR OWN DESIRE FOR FORGIVENESS FROM GOD

A. (Rom 4:7) "Blessed are those whose lawless deeds are forgiven, And whose sins are covered;

B. (2 Cor 2:6-8) This punishment which was inflicted by the majority is sufficient for such a man, {7} so that, on the contrary, you ought rather to forgive and comfort him, lest perhaps such a one be swallowed up with too much sorrow. {8} Therefore I urge you to reaffirm your love to him.

CONCLUSION

A. Do You Have People Who Have Hurt You or Sinned Against You?

B. Do You Have Difficulty Forgiving Those People?

C. Do You Want Forgiveness for Your Sins?

D. You must Forgive Others If You Want Forgiveness from God!

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