

What is Forgiveness?

What Forgiveness IS NOT

(Enright and North 1998, Chapman 2011)

Forgiveness is not condoning or excusing wrongdoing

Forgiveness does not destroy our memory



What Forgiveness IS NOT

(Chapman 2011)

Forgiveness does not remove all the consequences of wrongdoing

Forgiveness does not automatically rebuild trust



What Forgiveness IS NOT

(Chapman 2011)

Forgiveness is not the same as legal pardon.

Forgiveness does not always result in reconciliation



Forgiveness
is NOT a
feeling

"Forgiveness is a matter of a willed change of heart, the successful result of an active endeavor to replace bad thoughts with good, bitterness and anger with compassion and affection"
(North 1987: 506)

“Forgiving as a willingness to abandon one's right to resentment, negative judgment, and indifferent behavior toward one who unjustly injured us, while fostering the undeserved qualities of compassion, generosity, and even love toward him or her.” (Enright 1991)

Why Forgive?

BENEFITS OF FORGIVENESS *(International Forgiveness Institute)*

Physically, forgiveness creates a higher quality of life, a healthier body, and a more positive attitude.

BENEFITS OF FORGIVENESS *(International Forgiveness Institute)*

Spiritually, forgiveness affirms what our faith usually requires of us and, therefore, helps us live a life of integrity.

BENEFITS OF FORGIVENESS *(International Forgiveness Institute)*

Socially, forgiveness reduces anger and resentment and often leads to an improvement in personal relationships with family, friends and community.

Unforgiveness is an emotional and spiritual barrier

Matthew 6:14-15

For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.

Matthew 18:21-22 (NKJV)

Then Peter came to Him and said, "Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?" Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven.

What if the person does not apologize?

Matthew 18:15

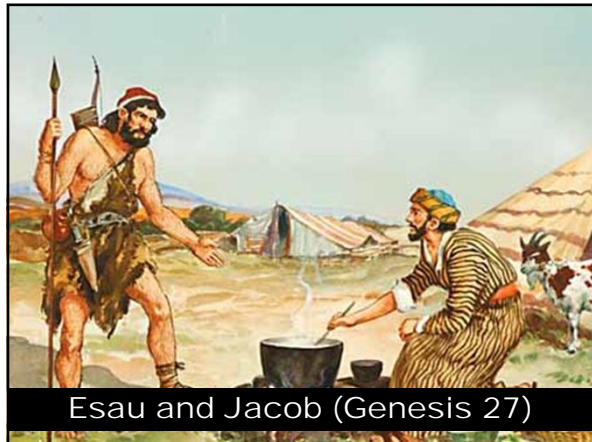
If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over.

WHAT IF THE PERSON DOES NOT TALK TO YOU?

"If they are unwilling to restore the relationship, you may then release them to God and release your hurt and anger to Him. Don't allow their unwillingness to deal with the problem destroy your life. It takes two people to build a positive, healthy relationship."

(Chapman 2011)

Forgive
YOURSELF




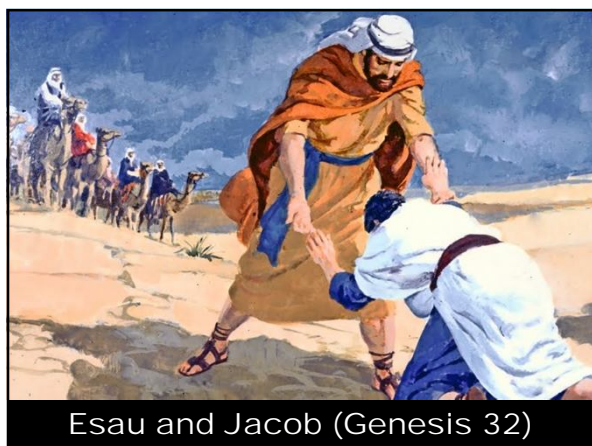
Esau and Jacob (Genesis 27)



Esau and Jacob (Genesis 32)

Hosea 12:4-5


He struggled with the angel and overcame him; he wept and begged for his favor. He found him at Bethel and talked with him there-- the LORD God Almighty, the LORD is his name of renown!

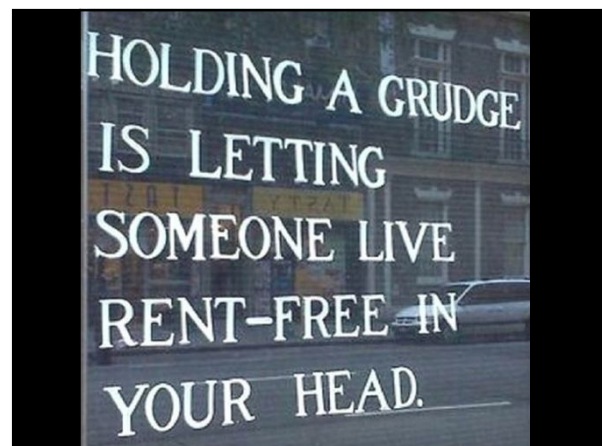
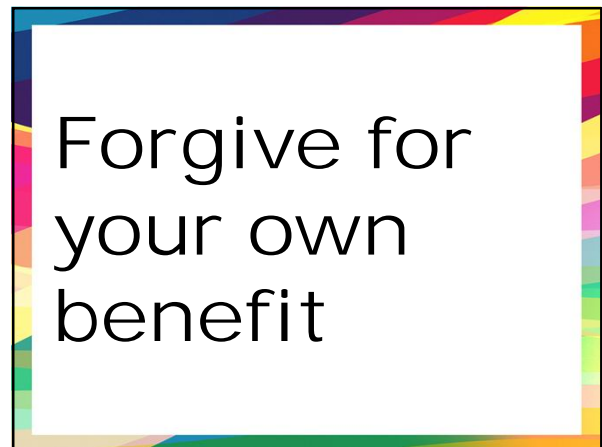
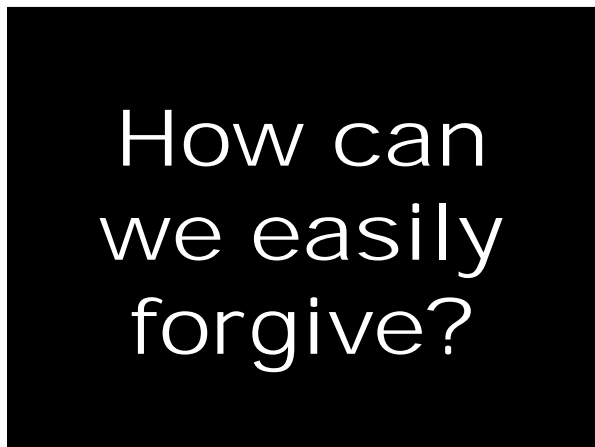
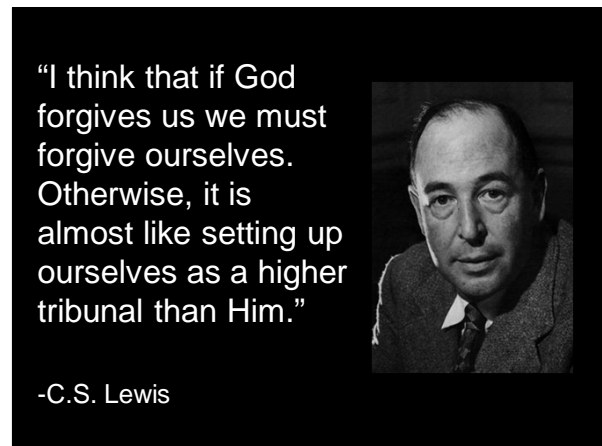
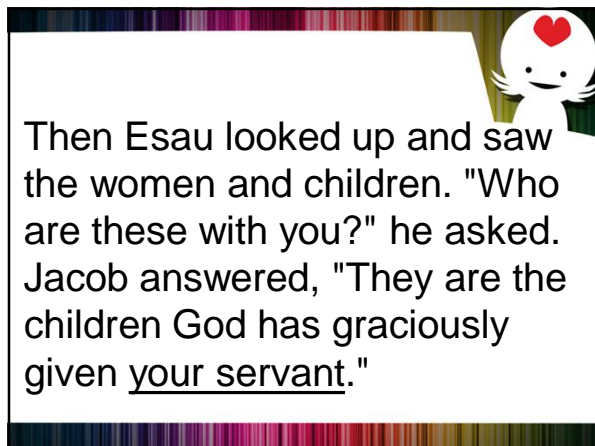



Esau and Jacob (Genesis 32)

Genesis 33:3-5

He himself went on ahead and bowed down to the ground seven times as he approached his brother. But Esau ran to meet Jacob and embraced him; he threw his arms around his neck and kissed him. And they wept.





Understand
the actions of
the wrongdoer

STAGES OF REPENTANCE

Cognitive stage (recognize wrongdoing and sins)→

Emotional response (regret or remorse)→

Determination to change (apologize, make amends)


Remember
that you also
received
forgiveness

Colossians 3:13
Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.




Matthew 18:33-35
Shouldn't you have had mercy on your fellow servant just as I had on you?' In anger his master turned him over to the jailers to be tortured, until he should pay back all he owed.






This is how my heavenly Father will treat each of you unless you forgive your brother from your heart.

We are called to love people, not hate them

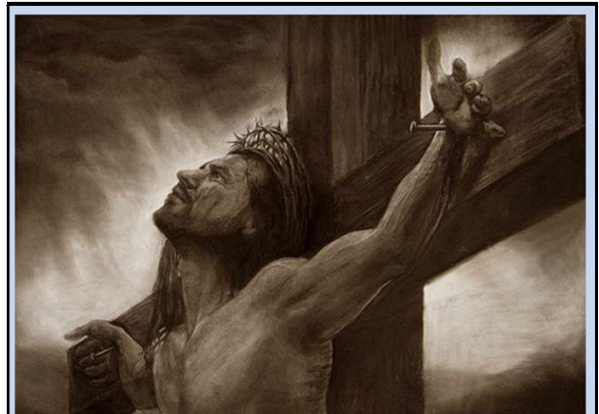


Romans 12:19
Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.



Romans 12:14
Bless those who persecute you; bless and do not curse.

Imitate Christ. Decide to forgive.



Luke 23:34
Jesus said, "Father,
forgive them, for they
do not know what
they are doing."



"To be a Christian
means to forgive the
inexcusable
because God has
forgiven the
inexcusable in you."



-C.S. Lewis

The Greatness of Forgiveness

Pastor Ronald Molmisa
Generation 3:16 Ministries

