

"Love prospers when a fault is forgiven, but dwelling on it separates close friends." Proverbs 17:9

- This Proverb is applicable in _____ kinds of relationships: husband/wife, parent/child, co-workers, etc.

TWO SIMPLE STATEMENTS

1. One tells us how to _____ a relationship

- Marked by _____ and _____

"Most important of all, continue to show deep love for each other, for love covers a multitude of sins." 1 Peter 4:8

"...if you forgive someone for something they did to you, it doesn't mean you agree with what they did or believe it was right. Forgiving that person means you have chosen not to dwell on the matter anymore; you have moved on with your life." Idowu Koyenikan, Organizational Consultant and Author

"Forgiveness unlocks the door to healing, restoration, freedom and renewal. Until we open that door, we will remain stuck in the past, destined to carry the hurt and burden forever without hope of a restored heart or a renewed future." Dr. Stephen Seamands, Wounds that Heal: Bringing Our Hurts to the Cross

2. The other tells us how to _____ a relationship

- Marked by _____ and _____

"Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you." Ephesians 4:31-32

"There is no greater blockage to a person's receiving healing from God than that person's refusal to forgive others." Charles Kraft, Christianity With Power

*All Scripture citations are from the New Living Translation of the bible (NLT)

GIVING AND RECEIVING FORGIVENESS

1. Sets us _____ to experience the joy that God desires for us.

"The Cross of Jesus not only teaches us to forgive others, even in extremes, but it inspires and enables us to do so. Nothing else will." Douglas Webster

"Working through our hurt and bitterness happens slowly...At the cross, however, grace awaits to see it through, to finish the good work of forgiveness begun in us." Seamands

2. Makes us _____ of God

"Throughout his ministry Jesus consistently stressed that as God has forgiven us, we in turn ought to forgive others." Seamands

"Forgive us our sins, as we have forgiven those who sin against us." Matthew 6:12

"Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others." Colossians 3:13

THE 7 STEPS OF FORGIVENESS by Dr. Stephen Seamands

1. **Facing the facts** = "Forgiveness begins when we are ruthlessly honest about what was done to us."
2. **Feeling the hurt** = "We must connect with the feelings bound up with the facts."
3. **Confronting our hate** = "We must admit we resent those who wronged us, for a part of us hate them for what they did."
4. **Bearing the pain** = "Whenever we forgive, we bear pain. That's why forgiveness is always costly."
5. **Releasing those who have wronged us** = "Forgiveness means releasing our offenders and turning them over to God... we relinquish the roles of judge, jury and executioner..."
6. **Assuming responsibility for ourselves** = "As long as we blame others for our problems, we don't have to take responsibility for ourselves... We must take responsibility and can no longer make excuses for ourselves."
7. **Longing for reconciliation** = "The ultimate goal and purpose of forgiveness is reconciliation, or the restoration and renewal of broken relationships."

NEXT WEEK: Read Prov. 18 & email george@faithpointchurch.org your insights.