



Freedom Through Forgiveness

**What is Forgiveness?
Eph 4:30-32**



1. What is forgiveness?

“A conscious act of obedience unto Jesus to release someone from a wrong or hurt committed against me.”

A. Conscious act of obedience unto Jesus.

- Eph 4:31-32, Col 3:13
- Matt 6:12
- Mark 11:25, Heb 12:15

B. For Christians, *forgiveness of my offender is about Jesus, not about the offender.* My offender cannot earn my forgiveness.

- What forgiveness is not.

Forgiveness is: “A conscious act of obedience unto Jesus to release someone from a wrong or hurt committed against me.”

- A. Saying that what happened to me was OK.
- B. A “free pass” excusing the offender for his or her actions.
- C. A decision to be reconciled with my offender.



2. Forgiveness requires me to “release,” the emotions held onto to avenge my pain. This frees my mind of the burden of revenge and allows me to take up the beauty that forgiveness brings.

- Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. 32 Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you. (Eph. 4:31-32 NAU)



3. When I let my offender go, I yield the space formerly held by my negative emotions to the Holy Spirit. I open the door for supernatural healing to miraculously take place.

Eph. 4:26-27, 30

1 Peter 2:9-10

Ezek 36:26

Acts 5:32

Luke 23:34



4. Healing is a daily process and continues as we take on the role of Jesus and send the favor and blessings of God to our offender.
- **Lk. 23:34** And Jesus said, "Father, forgive them, for they know not what they do." And they cast lots to divide his garments.
 - **Matt. 18:22** Jesus said to him, "I do not say to you seven times, but seventy-seven times.

H

Forgiveness Steps.

E

Hurts must be identified, measured.

Write them down.

Bad emotions must be put away, replaced.

Free myself from the burden of revenge.

L

Let my offender go.

Yield the space to the Holy Spirit.

P

Pray for my healing.

"Heal my wounded heart, Jesus."

Send blessings on my offender.

Just like Christ from the cross!

S

Resources Used in Series

- The Bible – particularly the NT.
- *Total Forgiveness*, R T Kendahl
- *Forgive and Forget*, Lewis Smeades