

2. **Because forgiveness** releases resentment.

“You are only hurting yourself with your anger!” **Job 18:4** (TEV)

“To worry yourself to death with resentment would be a foolish, senseless thing to do.” **Job 5:2** (TEV)

3. **Because forgiveness** is what I need in the future.

“14 For if you forgive others when they sin against you, your heavenly Father will also forgive you. 15 But, if you do not forgive others their sins, your Father will not forgive your sins.” **Matthew 6:14-15** (TNIV)

### How do I forgive those who have hurt me?

**Step 1:** Relinquish my right to get even.

Romans 12:19

**Step 2:** Respond to evil with good.

Luke 6:27-28

**Step 3:** Repeat these steps as long as necessary.

Matthew 18:21-22

**Step 4:** Rescuing others with the news of forgiveness

2 Corinthians 5:18-20



### What is forgiveness?

T/F A person should not be forgiven until they ask for it.

T/F Forgiving includes minimizing the pain of the offense.

T/F Forgiveness includes restoring trust in the relationship.

T/F Forgiveness includes forgetting about what happened.

T/F Forgiveness is an emotion.

T/F I have to forgive those who have hurt me.

### I choose to forgive...

1. **Because forgiveness** is what God gave me.

“Remember, the Lord forgave you, so you must forgive others.” **Col. 3:13** (NLT)

“God forgave all our sins. He canceled the record that contained the charges against us. He took it and destroyed it by nailing it to Christ's cross.”

**Col. 2:13-14** (NLT)