

The Indispensible Ingredient: Forgiveness

Ephesians 4:32 to 5:2

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Everybody gets hurt by the actions of others. We also hurt others. How do we deal with that hurt? Forgiveness is the ointment for those times of fractured relationships. Share some Biblical guidelines on forgiveness from the acrostic F-O-R-G-I-V-E.

F-orgiveness:

1. Is NOT:

- A feeling
- Forgetting and trusting time to take care of it
- Excusing the hurt
- Smoothing things over like it doesn't matter
- Denying that you are really hurt
- Understanding or explaining why the person acted as they did
- Asking God to forgive the person
- Asking God to forgive you for being angry or resentful

2. Forgiveness is: Root word-"to set loose"

- Releasing a person to God
- Releasing the person from the debt
- "to set a prisoner free and discover that the prisoner is you"

O-r Else! Consequences for not forgiving!

1. Physically
2. Emotionally
3. Spiritually

R-release

1. To God
2. To grace of God

G-ift

1. From God
2. From someone you've offended
3. From you to others
4. To yourself

I-sn't Easy

1. Costly to God
2. Hard not to hate
3. Hardest person to forgive at times is ourselves
4. Costly NOT to forgive

V-ictory

1. Found at the Cross
2. In our obedience
3. In our freedom from bitterness
4. In restored relationships

E-xample of Christ

1. Our greatest motivation
2. Do it for Jesus' sake
3. 3 J's:
 - Jesus forgave you
 - Justice belongs to God
 - Jailer: you are your own until you forgive!