

Soul Care
Part 5: Forgiveness
Colossians 2:13-15 & 3:13

Unforgiveness: The refusal to graciously let go of an offense and let God take care of it

Causes: Losses, Betrayals, Offenses, Unmet Expectations, Blocked Goals, Another's Sin

Result: Bitterness, Resentment, Retribution, Hatred, Loss of Hope, Ungodly behavior, thoughts & attitude, Depression---A TOXIC SOUL

The Cure: FORGIVENESS

Basics of Colossians

Colossians 2:13: When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins,

---Christians are completely forgiven and spiritually alive---

Colossians 2:14: having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross.

---Jesus paid completely the penalty of the debt we could not pay---

Colossians 2:15: And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.

---Jesus Christ won the complete victory by His death & resurrection---

Colossians 3:13: Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

Bearing with one another: putting up with endurance the failures, quirks, hang ups & annoying behaviors of others in the Christian family

Forgiving one another: By an act of your will, graciously letting someone off your hook by giving him or her a personal pardon and not counting his or her sin against him ever again

The Offended is to take the initiative and act!

Forgive as the Lord forgave you: in the same gracious manner Christians have been forgiven by God through Christ, they are to graciously forgive others.

It's Time to Forgive, again & again

Matthew 18:21-22 ²¹ Then Peter came to Jesus and asked, "Lord, how often should I forgive someone who sins against me? Seven times?"

²² "No, not seven times," Jesus replied, "but seventy times seven!"

- **FORGIVENESS is a choice not a feeling**
- **FORGIVENESS is not forgetting**
- **FORGIVENESS is not reconciliation**
- **FORGIVENESS is good for you**
- **FORGIVENESS is between you & God**
- **FORGIVENESS does not involve waiting for the other person to ask for forgiveness**
- **FORGIVENESS involves agreeing to live with the consequences of another's sin**
- **FORGIVENESS is a matter of obedience to God**
- **FORGIVENESS is easier when you remember all the sins God has forgiven you**

FORGIVING YOURSELF

Invalid Reasons NOT to Forgive

1. **The offense was too great**
2. **The offender isn't truly sorry**
3. **The offender never asked to be forgiven**
4. **The offender might do it again if I forgive**
5. **The offender doesn't deserve to be forgiven**
6. **If I forgive, then I'll have to treat them right**
7. **The offender needs to be punished**

FORGIVENESS Prayer

God, I choose to forgive (person's name) for (what he or she did). By an act of my will I choose not to hold this sin against (his or her name) ever again. I let them off my hook, knowing that he or she is on your hook. I express my painful feelings to you. I ask you to heal my hurts. In Jesus Name. Amen

**Forgiven to Forgive
(It's Good for the Soul)**