

# Forgive.

ALL IN : Week 4 of 5 : [MANUP.org](http://MANUP.org)

**Q: Who are you ANGRY at and why?**

***“Anger says you OWE me!”***

*Andy Stanley : Enemies of the Heart*

## The Problem with Anger.

- They can never pay you what they owe you.
- You're anger has replaced God at the center.
- They're sin has now become your sin.
- Sin breaks relationships.

## 3 Options.

- Make them pay and hope it's enough.
- Ignore the problem and hope it goes away.
- Forgive them completely and be set free.

*“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*

***“Forgiveness is RELEASING the debt and REPLACING it with BLESSING.”***

**Q: How long are you going to stay angry?**

# 7 Steps to Forgiveness.

## 1. RECOGNIZE the problem.

### James 4

<sup>1-2</sup> What is causing the quarrels and fights among you? Don't they come from the evil desires at war within you? You want what you don't have, so you scheme and kill to get it. You are jealous of what others have, but you can't get it, so you fight and wage war to take it away.

### James 3

<sup>15</sup> For Jealousy and selfishness are not God's kind of wisdom. Such things are earthly, unspiritual, and demonic. <sup>16</sup> For wherever there is jealousy and selfish ambition, there you will find disorder and evil of every kind.

***"Anger is the SOIL for 1,000 sins."***

## 2. REPENT of your Sin.

### Galatians 5

<sup>17</sup> The Sinful nature wants to do evil, which is just the opposite of what the Spirit wants. <sup>19-21</sup> When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outburst of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties, and other sins like these. <sup>22-23</sup> But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

**Q: Have you confessed your sin to GOD?**

**Q: Have you asked them to FORGIVE you?**

### 3. RECEIVE God's Forgiveness.

#### 1 John 1

<sup>8</sup> If we claim we have no sin, we are only fooling ourselves and not living in the truth. <sup>9</sup> But if we confess our sins to God, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

#### Matthew 6

<sup>14</sup> Jesus said, *"If you forgive those who sin against you, your heavenly Father will forgive you. <sup>15</sup> But if you refuse to forgive others, your Father will not forgive your sins."*

### 4. RELEASE the Debt.

#### Ephesians 4

<sup>31</sup> Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. <sup>32</sup> Instead, be kind to one another, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

#### Romans 12

<sup>17</sup> Never repay evil with more evil. Do things in such a way that everyone can see you are honorable. <sup>18</sup> Do all you can to live in peace with everyone. <sup>19</sup> Dear friends, never take revenge. Leave that to the righteous anger of God. For the scriptures say, *"Vengeance is mine; I will repay, says the Lord."* (Deuteronomy 32:35) <sup>20</sup> Don't let evil conquer you, but conquer evil by doing good.

***"Forgiveness isn't IGNORING the problem it's RELEASING it to God."***

### 5. REPLACE it with Blessing.

#### Luke 6

<sup>27</sup> Jesus said, *“Love your enemies! Do good to those who hate you. <sup>28</sup> Bless those who curse you. Pray for those who hurt you.”*

### **James 3**

<sup>18</sup> Those who are peacemakers will plant seeds of peace and reap a harvest of righteousness.

***“Forgiveness is always RIGHT - no matter how WRONG they’ve been.”***

## **6. RENEW your mind.**

### **Colossians 3**

<sup>10</sup> Put on your new nature, and be renewed as you learn to know your Creator and become like him.

<sup>12</sup> Since Christ chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience.

***“Renew your MIND and your ACTIONS will follow.”***

## **7. REJOICE.**

### **Philippians 4**

<sup>4</sup> Always be full of joy in the Lord. I say it again - **rejoice!**

<sup>5</sup> Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. <sup>6</sup> Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup> Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

**Forgiving Isn’t . . .**

- FORGETTING what happened - it's **RELEASING** the debt every time the anger comes back.
- TRUSTING them blindly - it's **CHOOSING** to repair, rebuild, or remove the relationship.

## Forgiveness Worksheet.

WHO did me wrong?	What did they DO to me?	What do they OWE me?	How can I BLESS them?

**PRAYER:** God, I'm forgiving \_\_\_\_\_ today  
because you forgave me. I'm choosing to forgive regardless

of how I feel or how they respond. I'm releasing the debt to you and replacing it with your love. Fill me with your kindness, your joy, and your peace so I can be a blessing to everyone around me - including those who've hurt me. I'm rejoicing in YOU because of what you're doing in ME. Amen.

