



**FORGIVENESS**

## EPHESIANS 4:32

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.



# Forgive

- stop feeling angry or resentful towards (someone) for an offence, flaw, or mistake.
- no longer feel angry about or wish to punish (an offence, flaw, or mistake).
- cancel (a debt).

# Forgiveness

- the action or process of forgiving or being forgiven.

# Unforgiveness

- a grudge against someone who has offended you.
- is not having the compassion to forgive.
- an unforgiving environment where false moves can prove fatal.
- a resentful attitude that spews out all types of evil



# CONSEQUENCES OF UNFORGIVENESS

## EMOTIONAL

- BITTERNESS
- PAIN
- ANGER
- RAGE
- HATRED
- BRAWLING
- SLANDER
- MALICE
- PETTY AND IMPULSIVE
- DESPERATE TO MAKE THEM UNDERSTAND HOW YOU FEEL

## PHYSICAL

- INCREASES HEART RATE,
- INCREASES BLOOD PRESSURE
- INCREASES IMMUNE RESPONSE .
- RISK OF DEPRESSION,
- HEART DISEASE
- DIABETES
- DIGESTIVE PROBLEMS



# Ephesians 4:31, 32

<sup>31</sup> *Get rid of all **bitterness, rage and anger, brawling and slander**, along with every form of **malice**.*

<sup>32</sup> *Be **kind and compassionate** to one another, **forgiving** each other, just as in Christ God **forgave** you.*



# IS FORGIVENESS A CHOICE?

- A Choice, Not A Feeling
- The problem with forgiveness is that many of us do not see it as a decision. We see forgiveness as something that is part of our feelings of hurt. Which means we often decide not to forgive until our feelings of hurt go away.
- *Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. (Colossians 3:13)*
- “Forgiveness is not an occasional act, it is a constant attitude.” - Dr. Martin Luther King Jr.

# How does forgiveness work?

- Psychologists generally define forgiveness as a conscious, deliberate decision to release feelings of resentment or vengeance toward a person or group who has harmed you, regardless of whether they actually deserve your forgiveness.
- Forgiveness does not mean forgetting, nor does it mean condoning or excusing offenses.

# REAL FORGIVENESS

**Matthew 6: 14,15**

*<sup>14</sup> For if you forgive other people when they sin against you, your heavenly Father will also forgive you. <sup>15</sup> But if you do not forgive others their sins, your Father will not forgive your sins.*

**Psalm 103:12**

*...as far as the east is from the west, so far has he removed our transgressions from us....*

Through forgiveness, we are restored to intimate union with God, with others and with ourselves.

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Forgive others, not because they deserve forgiveness, but because you deserve peace.

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JONATHAN LOCKWOOD HUIE

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