



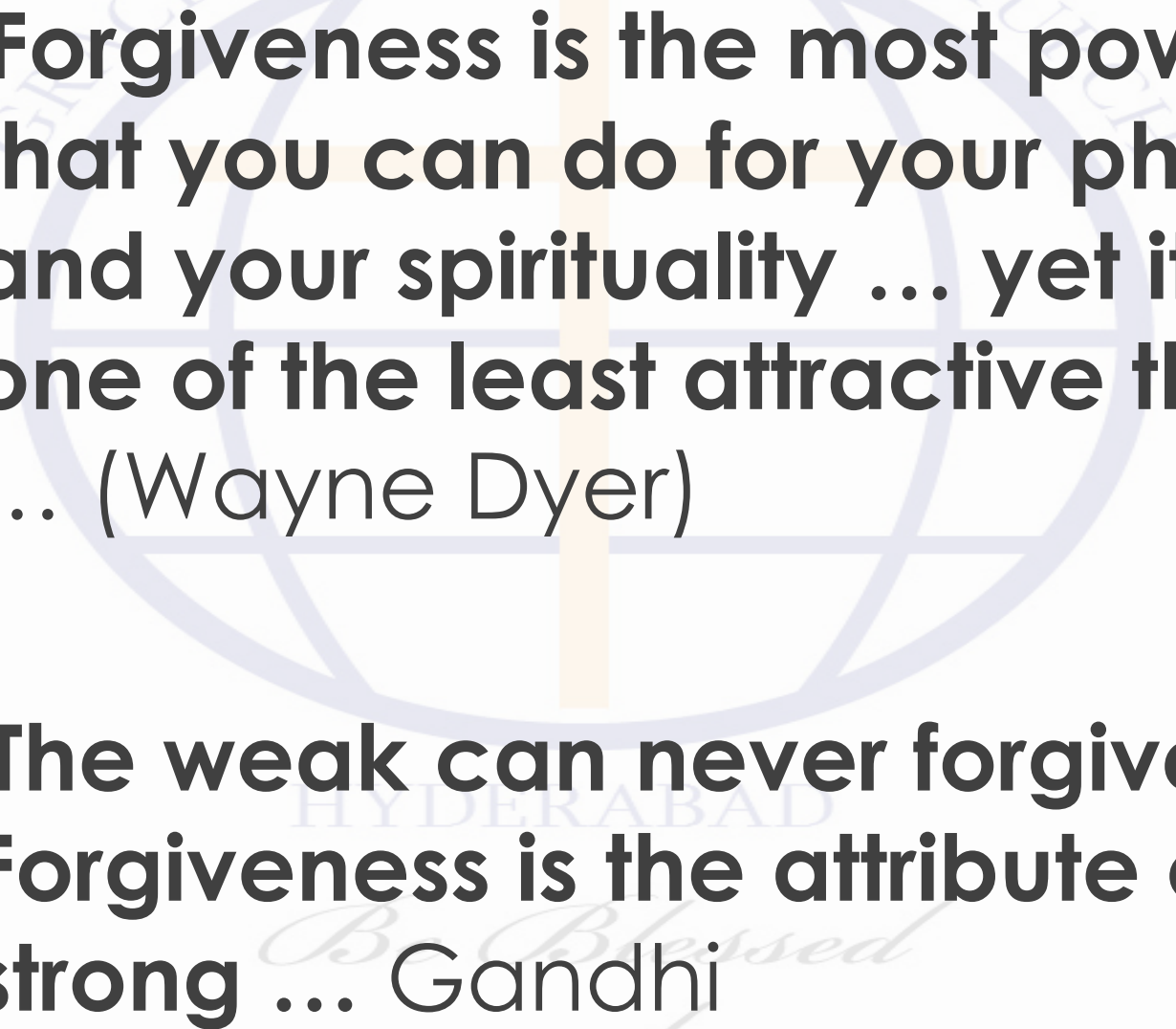
GRACE COMMUNION CHURCH

# FORGIVE



*Be Blessed  
and  
Become a Blessing*

## ACTS OF COMMISSION

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- 
- 
- **Forgiveness is the most powerful thing that you can do for your physiology and your spirituality ... yet it remains one of the least attractive things to us ... (Wayne Dyer)**
  - **The weak can never forgive. Forgiveness is the attribute of the strong ... Gandhi**

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**U.S. News** & WORLD REPORT

**HEALTH**

- ▶ **“...experts say that forgiving those who have wronged us helps lower blood pressure, cholesterol and heart rate, One study found that forgiveness is associated with improved sleep quality, ... letting go of grudges reduced levels of depression, anxiety and anger. People who forgive tend to have better relationships, feel happier and more optimistic and overall, enjoy better psychological well-being.”** Angela Haupt

*and  
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# Ephesians 4



- **31** Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. **32** Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

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**Branches growing closely together will inevitably rub against each other (African Proverb)**



# OFFENSES ARE INEVITABLE

- HOW WILL YOU DEAL WITH THEM?
- CHRISTIANS ARE TOLD TO ...  
**“forgiving each other, just as in Christ God forgave you.”**

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# “Forgive,” not “Forget”

- **Matt 6:14** “For if you forgive other people when they sin against you...”
- Not harbouring grudges
- Refusing to hang onto venom & hatred and allowing it to influence our behaviour.

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# Forgiving is trusting God

- ▶ **Matt 4: 14** For if you forgive other people 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.
- ▶ Not seeing own condition of sinfulness and need for mercy, do not extend mercy to others. Do not understand grace.

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# Forgiving is trusting God

- **Romans 8:28** And we know that in all things God works for the good of those who love him, who have been called according to his purpose.
- Trusting God that He can work for our good even if bad happened to us.

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# Forgiving is participating in Christ's divine mission

- Matt 6:9 Our Father in heaven, hallowed be your name, 10 your kingdom come, your will be done, on earth as it is in heaven. 11 Give us today our daily bread. 12 **And forgive us our debts, as we also have forgiven our debtors.** 13 And lead us not into temptation, a but deliver us from the evil one.

*Become a Blessing*



## Ephesians 4

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

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