



*The Many
Dimensions
of
Forgiveness*

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1) God's FORGIVENESS OF US

1 John 1:9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. NIV

Jeremiah 31:34 ...for I will forgive their iniquity, and I will remember their sin no more. KJV

Psalms 103:12 As far as the east is from the west, so far hath he removed our transgressions from us.

Psalm 130 "Out of the depths I cry to you, LORD; Lord, hear my voice. Let your ears be attentive to my cry for mercy.³ If you, LORD, kept a record of sins, Lord, who could stand? But with you there is forgiveness, so that we can, with reverence, serve you. Israel, put your hope in the LORD, for with the LORD is unfailing love and with him is full redemption. He himself will redeem Israel from all their sins."

2) FORGIVING YOURSELF

a. Psalm 103 declares: *“He has not dealt with us according to our sins, Nor punished us according to our iniquities. For as the heavens are high above the earth, So great is His mercy toward those who fear Him; As far as the east is from the west, so far has He removed our transgressions from us. As a father pities his children so the LORD pities those who fear Him. For He knows our frame; He remembers that we are dust.”*

b. So if a holy, omniscient God can forgive me who am I not to embrace that!

c. There are consequences of NOT forgiving ourselves

2) FORGIVING GOD

- a. Life's perplexing events. How could a loving and merciful God let this happen?
- b. A poem by St John of the Cross "I went In I knew Not Where" The poem depicts the wonder to be found in a journey of surrender when going past the boundaries of knowing, "we discern the Divine in all its guises".
- c. I Corinthians 13 Paul says, *Now we see a poor reflection; then we shall see face to face. Now we know in part, then I shall know fully even as I am known.*"
- d. You can choose BITTERNESS or TRUST

4. FORGIVING OTHERS

a. God expects us to ALWAYS forgive others when we are asked to do so. But we are asked to do so even when they have NOT asked. This is ultimately for our benefit.

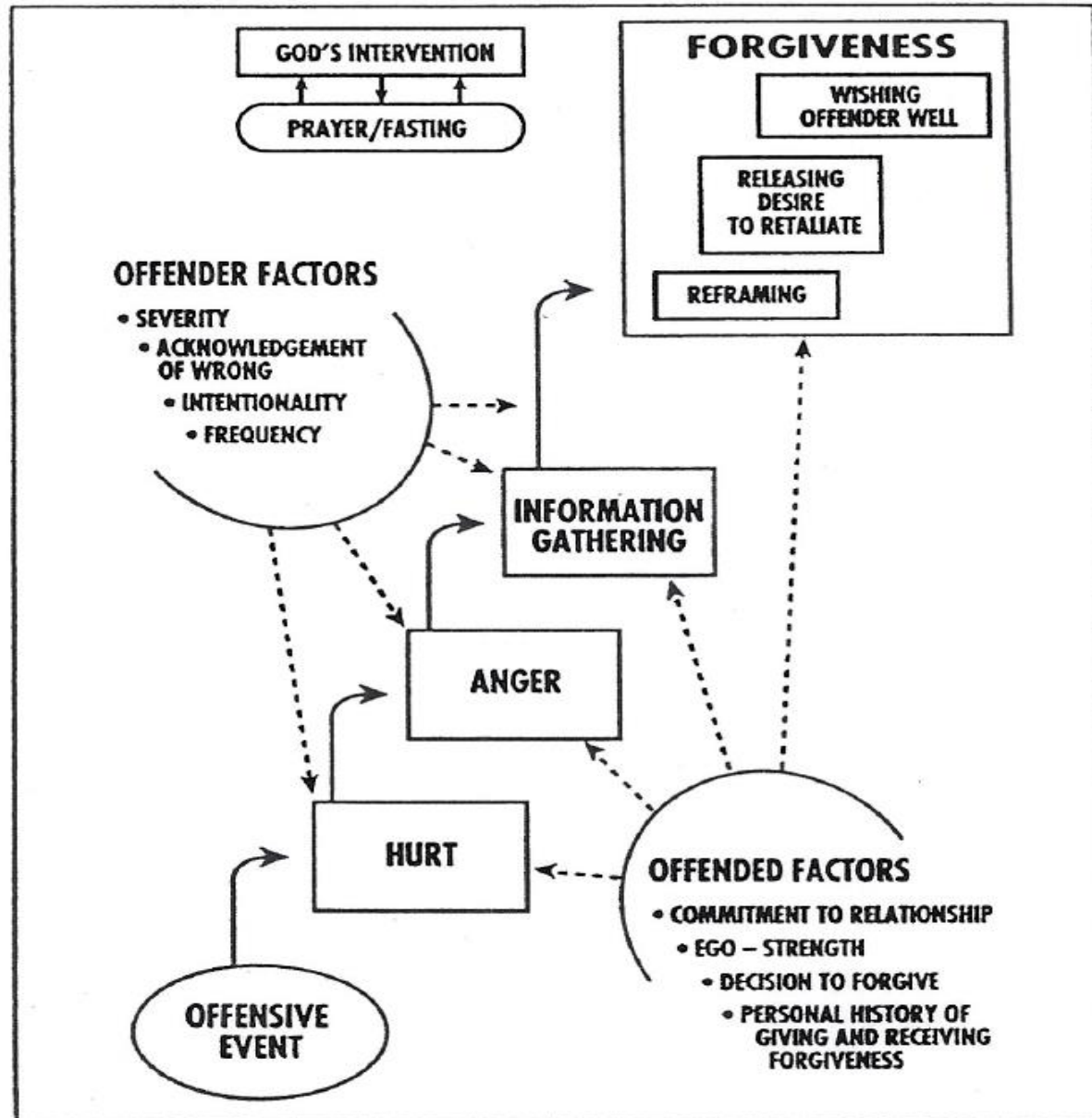
b. Our forgiveness of others is NOT dependent on their repentance.

c. Justice alone belongs to God. I Peter 2 *“He committed no sins and no deceit was found in His mouth. When they hurled insults at Him he did not retaliate, when he suffered, he made no threats. Instead he entrusted himself to him who judges justly.”*

d. We MUST turn it over to the Lord.

e. Why Forgive? Forgiveness, as a form of surrender and release, expands our capacity to love.

Stages of FORGIVENESS



Forgiveness is NOT...

- Forgiveness is not tolerance
- Forgiveness is not pretending
- Forgiveness is not forgetting
- Forgiveness is not turning the other cheek
- Forgiveness is not making a joke of a wrong
- Forgiveness is not politeness or tactfulness
- Forgiveness is not diplomacy
- Forgiveness is not a passive non-response

Forgiveness is something much deeper...

- **Forgiveness is a deliberate act of the will**
- **Forgiveness is not cheap**
- **Forgiveness is full pardon**
- **Forgiveness is obedience to God's Word**
- **Forgiveness is an act of love**
- **Forgiveness is the key to freedom of our soul and spirit**

The STEPS of Forgiveness

- 1) Ask the Lord to reveal broken relationships that require your forgiveness. PRAYER: “Father I choose to for _____ for _____ , Father, I ask that you forgive me for holding unforgiveness, bitterness and resentment in my heart toward this person. I receive your forgiveness and your cleansing of my heart.”
- 2) “And Father I choose not to hold any unforgiveness toward you for allowing this to happen to me. So, Lord I forgive you even though in my heart you don’t need my forgiveness.”
- 3) “Father God, if there are any more stored up negative feelings in me toward this person, I ask you to reveal and cleanse me from them. Holy Spirit do this work in me.”
- 4) “Heavenly Father, I ask that you heal now the wounded places in my soul. Heal my memory of those offenses that I can look back on the realistically, knowing that they were hurtful but that you Lord have healed my hurt.”
- 5) “And Lord I now ask that you bless _____ with your abundant mercy and grace. Prosper _____ in every way, body soul and spirit.” *(Continue to ask God to bless them and each time you begin to feel anything negative toward them, use this as a cue to bless and intercede for them.)*