



# **FORGIVENESS**

## **SOCIAL LIFE LESSON #3**

# KEY VERSE

*“Bearing with one another, and **forgiving** one another, if anyone has a complaint against another; even as Christ **forgave** you, so you also **MUST** do.” Colossians 3:13 (NKJ)*

# KEY VERSE

*“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 (NLT)*

# FORGIVENESS IS NOT ....

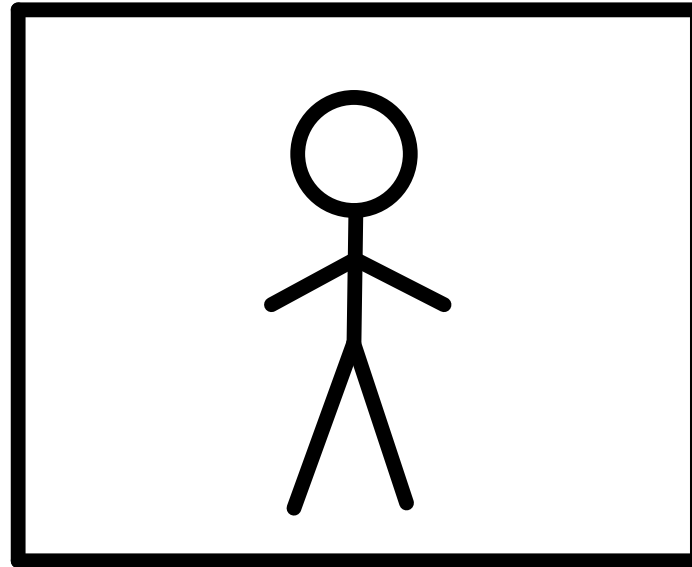
- ➡ simply trying to forget.
- ➡ just letting time pass after an offense.
- ➡ disregarding the wrong another person has done to you.
- ➡ pretending that an offense didn't matter.

# HURTS & OFFENSES

- ➡ **one-time offenses or repeated wrongs done to you**
- ➡ **The person who offended you may or may not know that you were hurt.**
- ➡ **The person who offended you may or may not be living.**

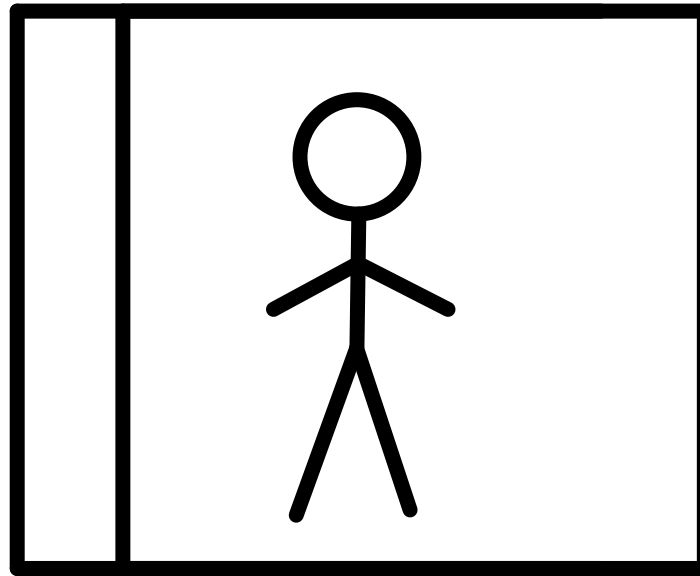
# MY UNFORGIVING SELF

**Prison of Unforgiveness**



# HOW I WAS WRONGED

## Prison of Unforgiveness

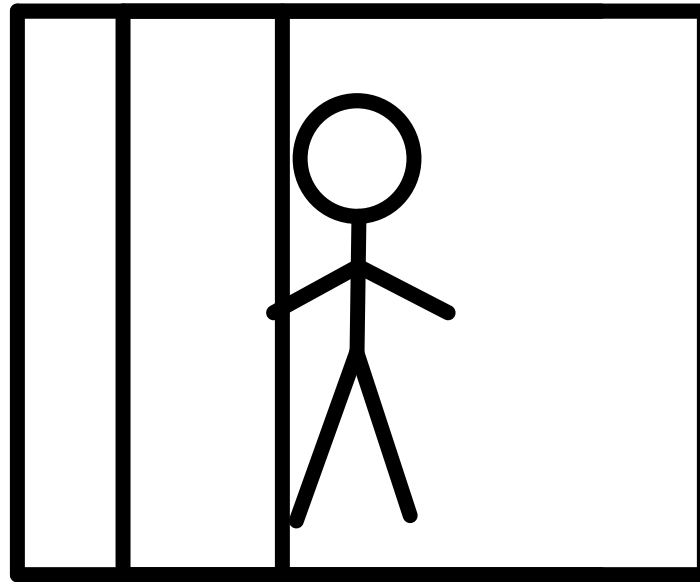


The Offense



# HOW I FELT

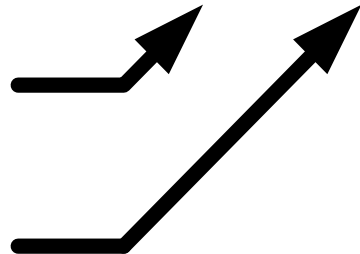
## Prison of Unforgiveness



The Offense



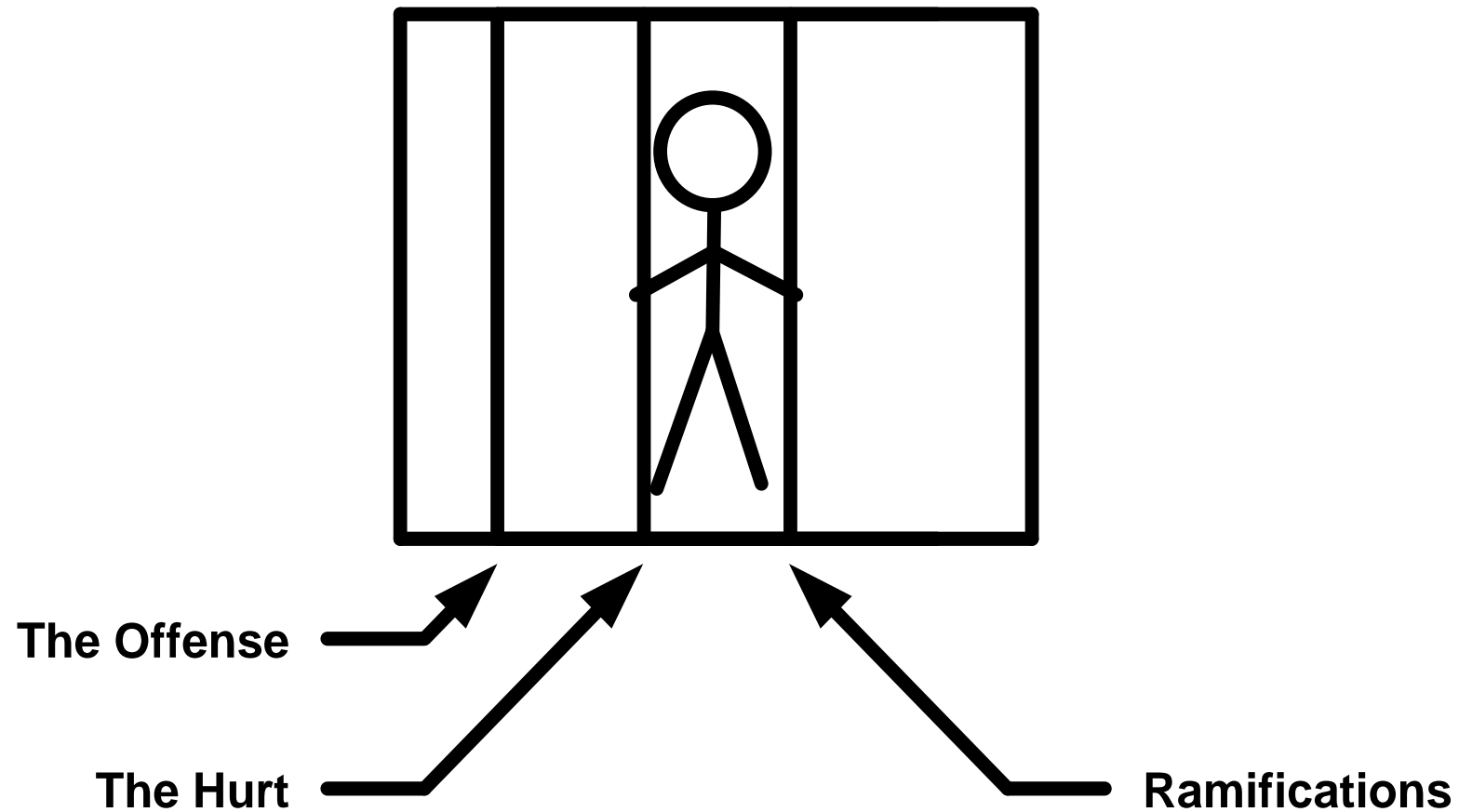
The Hurt





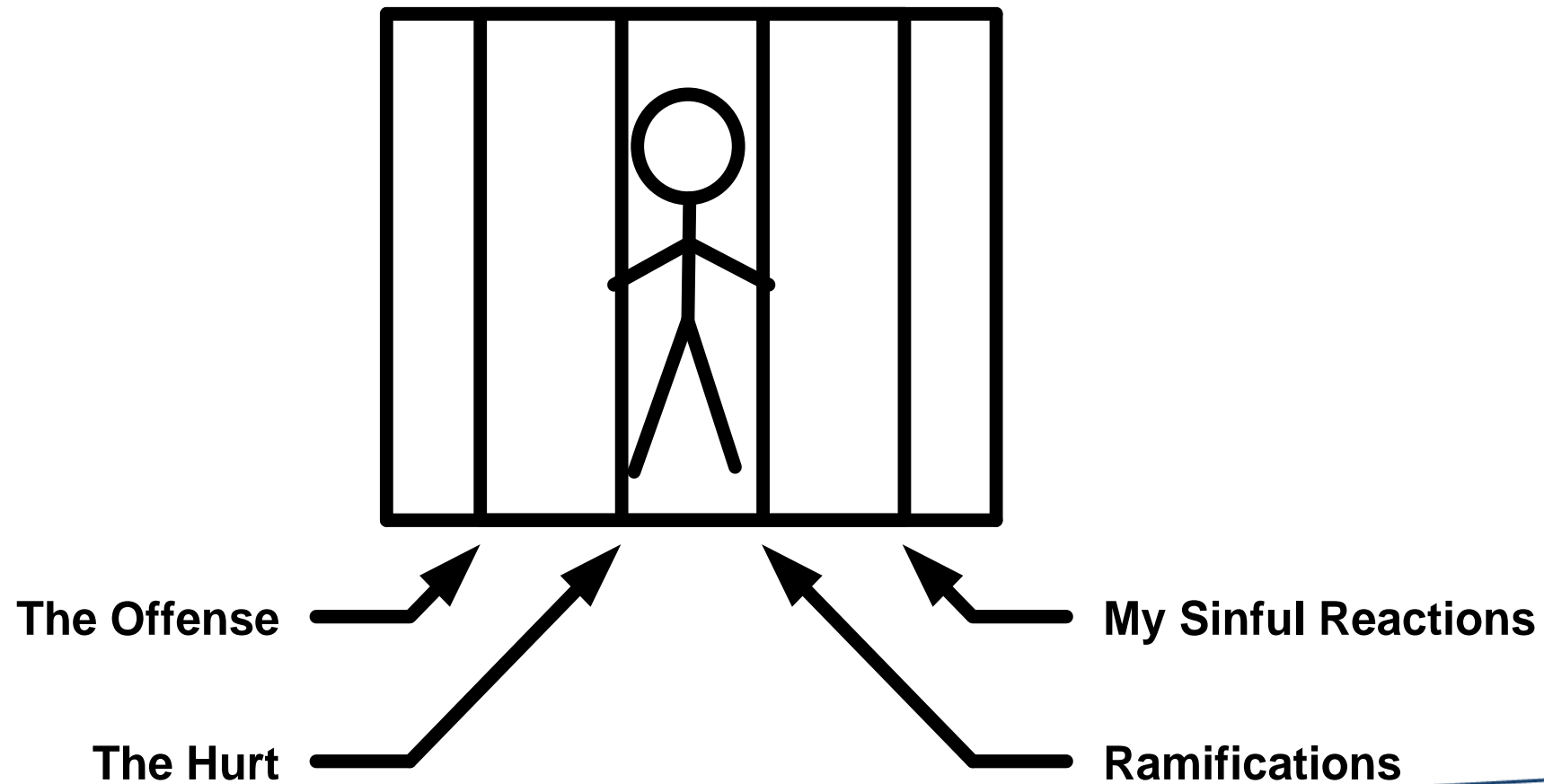
# THE CONSEQUENCES

## Prison of Unforgiveness



# MY WRONG CHOICES

## Prison of Unforgiveness



# GOD'S FORGIVENESS OF SIN

- ➡ He doesn't pretend that you haven't sinned.
- ➡ He doesn't ignore your sin.
- ➡ He doesn't act like your sin doesn't matter.

**INSTEAD - God sent His Only Son, Jesus, to pay for your sin.**

# A BLOOD SACRIFICE IS REQUIRED FOR THE FORGIVENESS OF SIN

*“...Without the shedding of blood,  
there is no forgiveness of sins.”*

**Hebrews 9:22 (NLT)**

# JESUS BECAME THE COMPLETE PAYMENT FOR SIN

*“Behold! The Lamb of God who  
takes away **the sin of the world!**”*

**John 1:29 (NKJ)**

*“All of us, like sheep, have strayed away. We have left God’s paths to follow our own. Yet the LORD laid on Him **the sins of us all.***

**Isaiah 53:6 (NLT)**

# YOUR OFFENDER...

- ➡ May still need to receive God's forgiveness
- ➡ May still be held legally responsible for what was done

**BUT...as far as you are concerned, they are no longer guilty.**

*“Then the king called in the man he had **forgiven** and said, ‘You evil servant! I **FORGAVE YOU** that tremendous debt because you pleaded with me. Shouldn’t you have mercy on your fellow servant, just as I had mercy on you?’*



*Then the angry king sent the man to **PRISON** until he had paid every penny. ‘That’s what my heavenly Father will do to you **IF YOU REFUSE TO FORGIVE** your brothers and sisters in your heart.’” **Matthew 18:32–35 (NLT)***

# TRUE FORGIVENESS IS ...

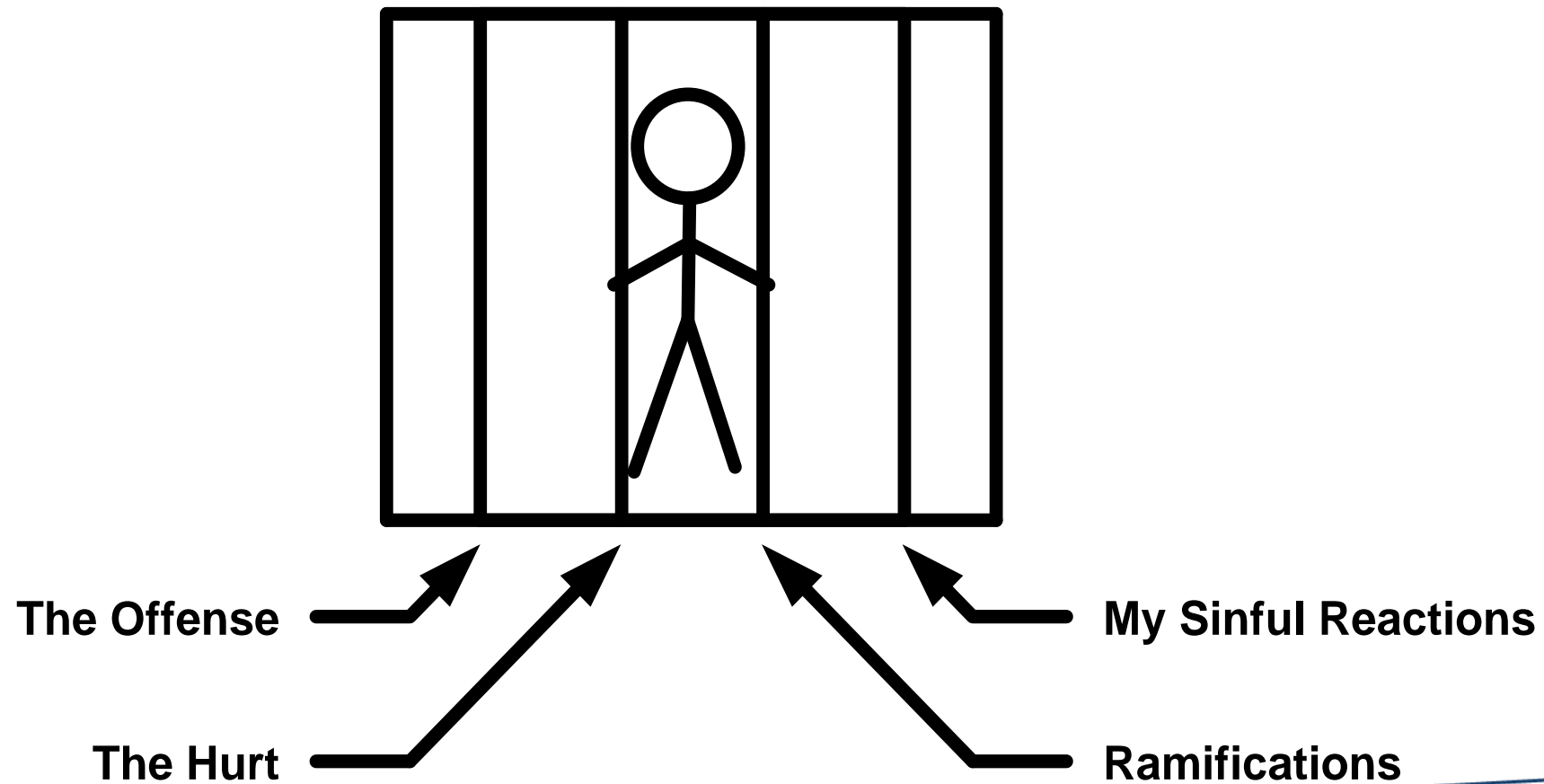
**CHOOSING** to accept the blood of Jesus as the full payment for what your offender did.

*“Be kind to each other, tenderhearted,  
**forgiving** one another, just as God  
through Christ has **forgiven** YOU.”*

**Ephesians 4:32 (NLT)**

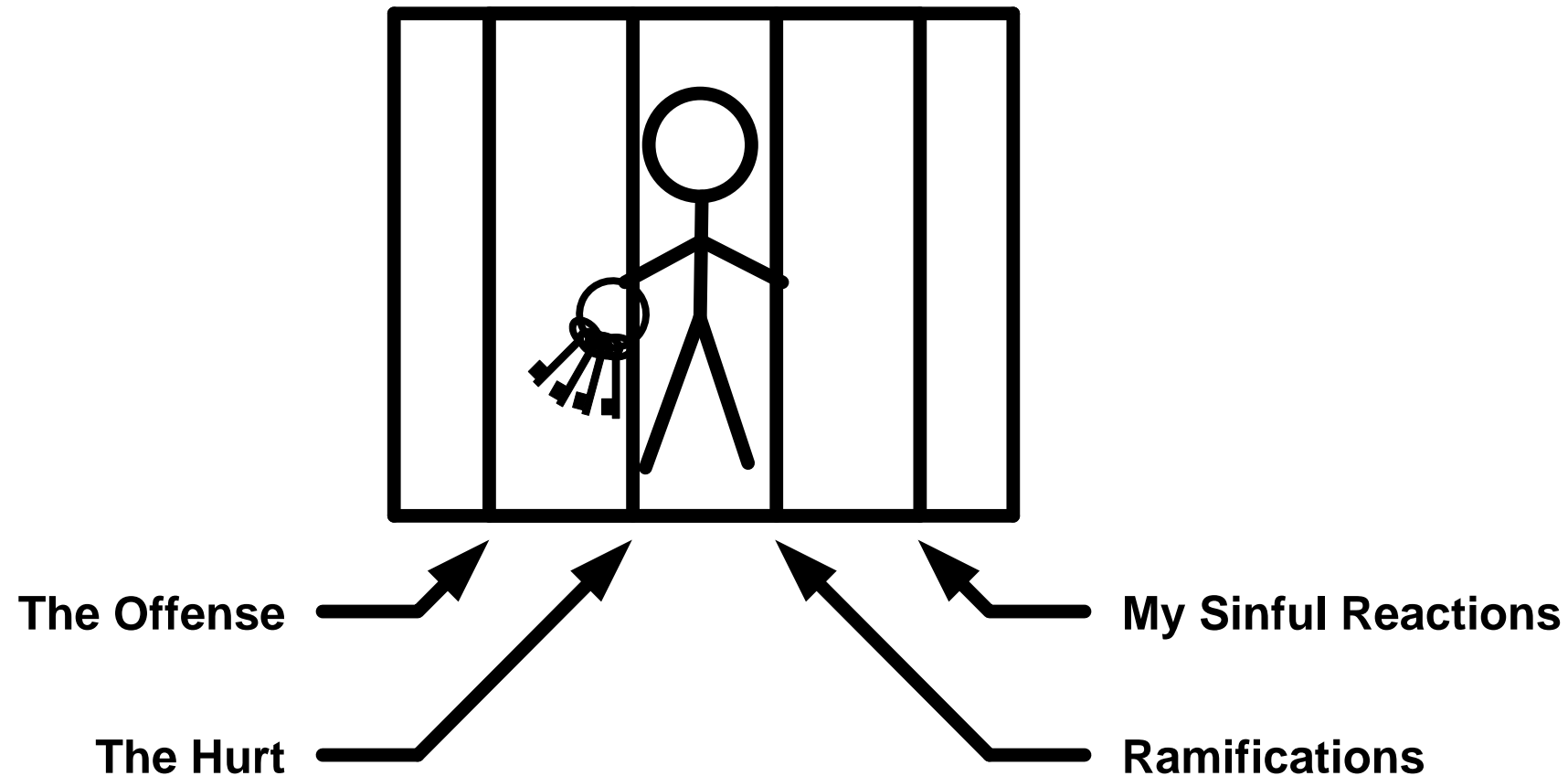
# 4 BARS OF THE PRISON

## Prison of Unforgiveness



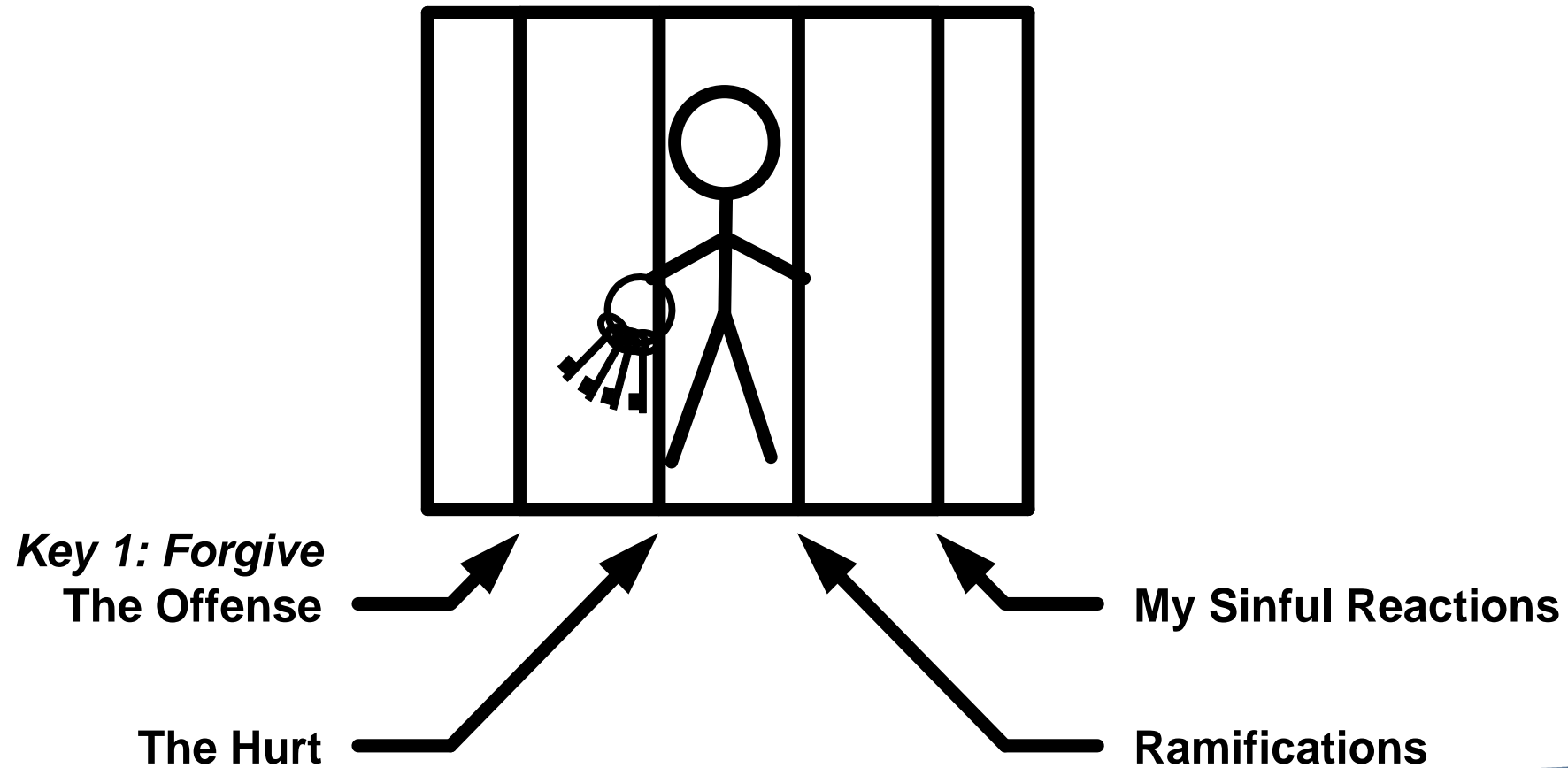
# 4 KEYS IN YOUR HAND

## Prison of Unforgiveness



# KEY #1 FORGIVE WHAT THEY DID

## Prison of Unforgiveness



# KEY #2 FORGIVE THE EMOTIONS

## Prison of Unforgiveness



*Key 1: Forgive  
The Offense*

*Key 2: Forgive  
The Hurt*

My Sinful Reactions

Ramifications

# KEY #3 FORGIVE THE CONSEQUENCES

Prison of Unforgiveness



*Key 1: Forgive  
The Offense*

*Key 2: Forgive  
The Hurt*

My Sinful Reactions

*Key 3: Forgive  
Ramifications*



# KEY #4 REPENT OF MY WRONG ACTIONS

Prison of Unforgiveness



*Key 1: Forgive  
The Offense*

*Key 2: Forgive  
The Hurt*

*Key 4: Repent  
My Sinful Reactions*

*Key 3: Forgive  
Ramifications*

*“Be gentle with one another,  
sensitive. Forgive one another as  
**quickly and thoroughly** as God in  
Christ forgave you.”*

**Ephesians 4:32 (MSG)**

*“...‘Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?’ Jesus said to him, ‘I do not say to you, up to seven times, but up to seventy times seven.’”* **Matthew 18:21–22 (NKJ)**

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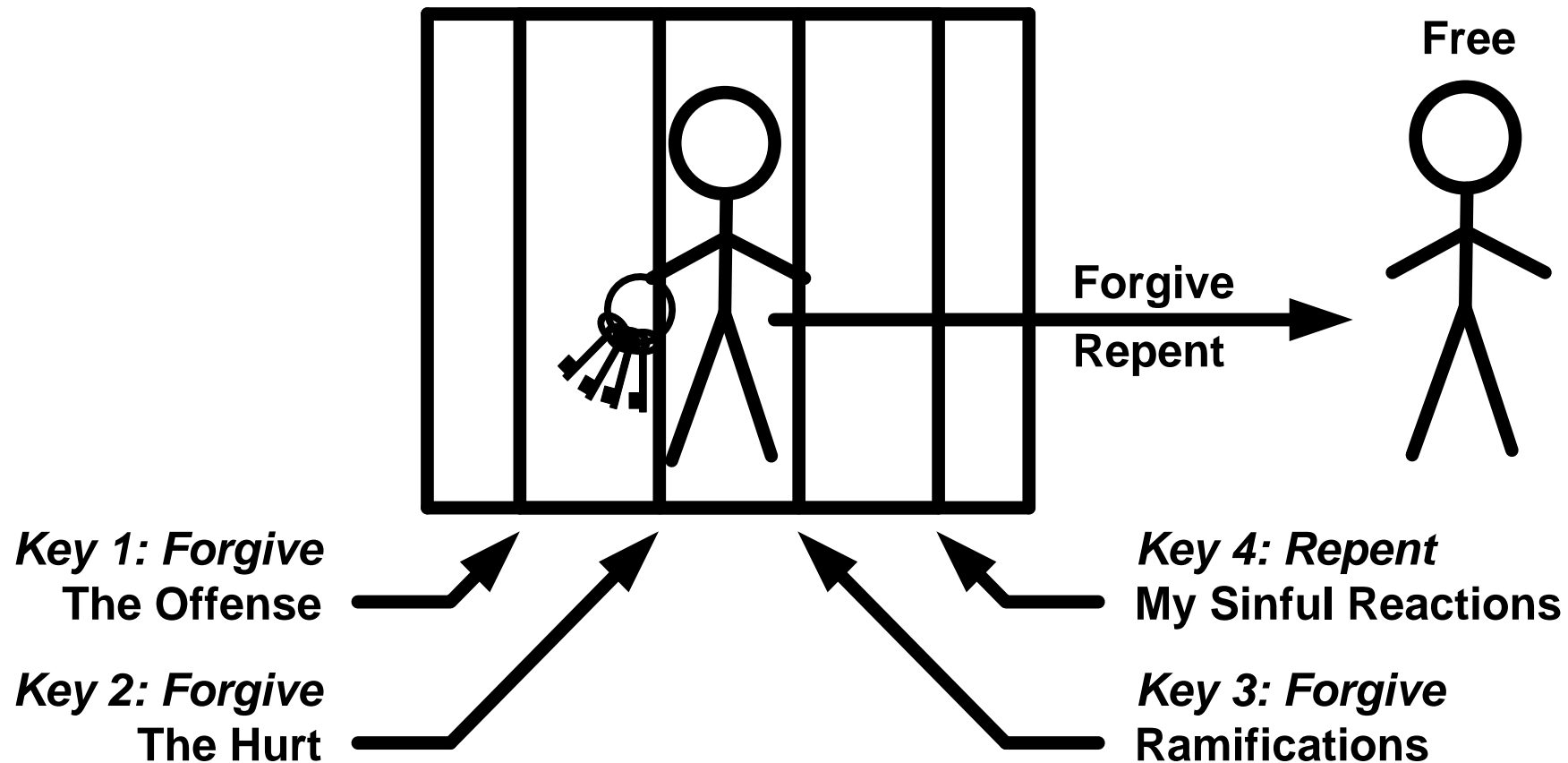


### NEGATIVE EMOTION WORDS

Abandoned	Demoralized	Guilty	Nervous	Smothered
Accused	Depressed	Helpless	Numb	Stupid
Afraid	Deprived	Hopeless	Offended	Suffocated
Agony	Despair	Humiliated	Out of control	Surprised
Alienated	Different	Hurt	Outcast	Tainted
Alone	Dirty	Ignorant	Overwhelmed	Terrified
Angry	Disappointed	Inadequate	Panicky	Timid
Anxious	Disgraced	Incompetent	Powerless	Thrown away
Ashamed	Disgusted	Insecure	Pressured	Tormented
Attacked	Dominated	Insignificant	Put-down	Tossed aside
Battered	Embarrassed	Insulted	Regret	Trapped
Belittled	Empty	Introvert	Rejected	Unaccepted
Bereaved	Enraged	Invisible	Resentful	Un-feminine
Betrayed	Evil	Irresponsible	Ridiculed	Unloved
Bitter	Exposed	Jealous	Ruined	Un-masculine
Busy	Failure	Lazy	Sad	Unprotected
Cheated	Fearful	Left out	Scorned	Unsafe
Confused	Filthy	Lonely	Selfish	Unwanted
Controlled	Foolish	Lost	Shame	Vengeful
Crazy	Forgotten	Lustful	Shattered	Violated
Criticized	Frightened	Manipulated	Shocked	Vulnerable
Degraded	Frustrated	Nasty	Sickened	Withdrawn
Demeaned	Grief	Neglected	Small	Worried

# CHOOSE FREEDOM

## Prison of Unforgiveness



*“Jesus has purchased our **freedom** with His blood and has **forgiven** all our sins.”* **Colossians 1:14 (NLT)**

# SEEKING FORGIVENESS

- Seeing how you have hurt a person by your word or actions
- Going to that person – respond quickly
- Saying “I was Wrong (for ...state the offense)
- Do everything you can to make restitution



# SEEKING FORGIVENESS WORKSHEET

The Offense	When I will Go to them	How I will state the offense	How I will make restitution
How I hurt/wronged them	Date	I was wrong for .....	my specific actions

Thank you Lord for showing me how to love through seeking forgiveness and giving me the words and strength to do Your will.

*“Do your part to live in peace with everyone, as much as possible.”*

**Romans 12:18 (NLT)**



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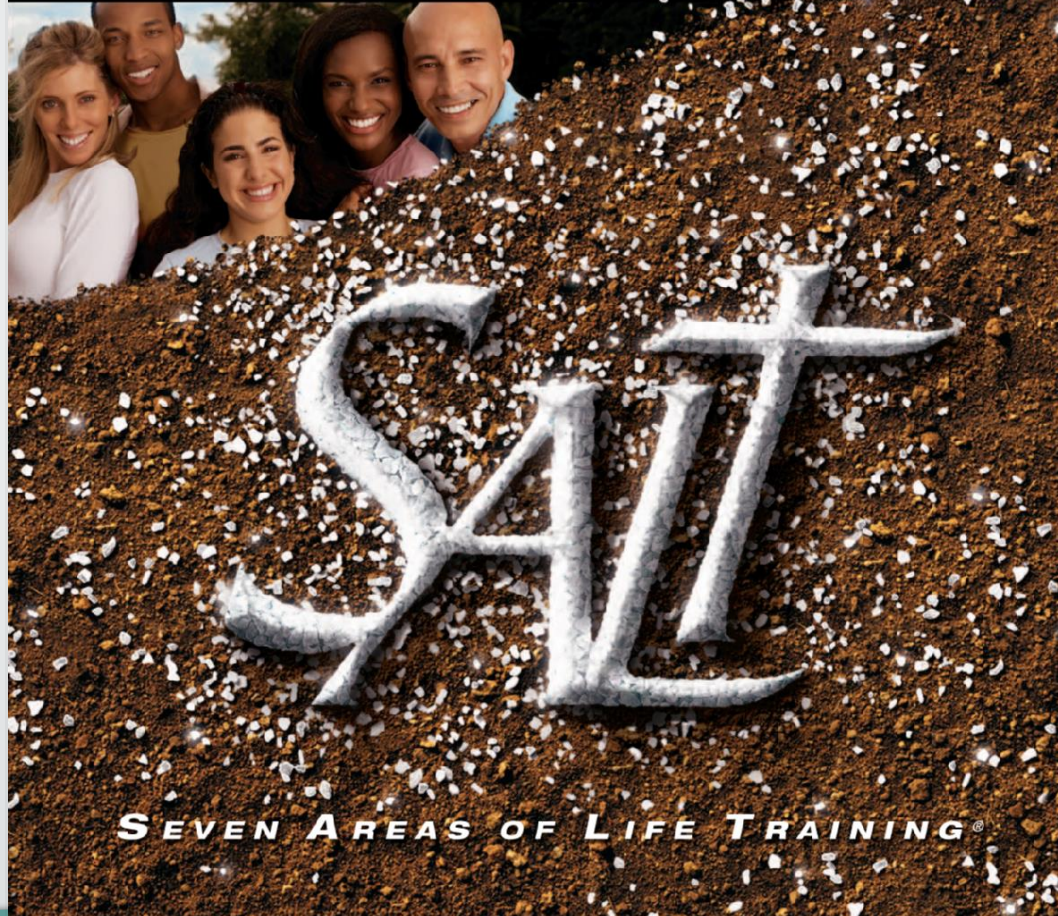
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