

God's Outrageous Claims

Forgiveness

A conscious and deliberate decision to release feelings of resentment or vengeance towards a person or group who has harmed us, regardless of whether they actually deserve our forgiveness or not.

Unforgiveness

The refusal to let go of an offence towards a person or group, accompanied by an intense desire to retaliate and right a wrong.

She does two things – things we often separate but which we need to keep together.

Quote

"Anger makes you smaller, while forgiveness forces you to grow beyond what you were." Chérie Carter-Scott

You have heard that it was said, 'Love your neighbour and hate your enemy.'"But I say to you, love your enemies and pray for those who persecute you." **Mathew 5:43-44 (NIV)**

Benefits of forgiving your enemies

- _____
for as he thinks within himself, so he is **Proverbs 23:7 (NIV)**
- _____
Anxiety weighs down the heart ... **Proverbs 12:25 (NIV)**
- _____

- But Esau ran to meet Jacob and embraced him; he threw his arms around his neck and kissed him. And they wept. **Genesis 34:4 (NIV)**

- _____
For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. **Matthew 6:14-15 (NIV)**

If it is possible, as far as it depends on you, live at peace with everyone.
Romans 12:18 (NIV)

Practical steps to help forgive

- _____
Surely God is my help; the Lord is the one who sustains me. **Psalms 54:4 (NIV)**
- _____
Pray for those who persecute you. **Matthew 5:44 (NIV)**
- _____
But to you who are listening I say: love your enemies, do good to those who hate you. **Luke 6:27 (NIV)**
- _____
Be completely humble and gentle. **Ephesians 4:2 (NIV)**
- _____
Therefore be imitators of God, as beloved children. **Ephesians 5:1 (NIV)**

Additional Notes: