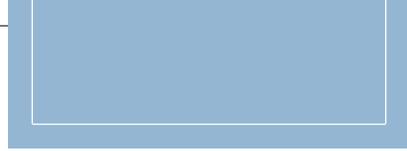




**March Bible Study Series:
Walking With God**



Lesson Twelve
Walking in Forgiveness



**“Every time you forgive,
you disappoint the devil.”**

Forgiveness is the act of pardoning an offender. In the Bible, the Greek word translated “forgiveness” literally means “to let go,” as when a person does not demand payment for a debt.



**Proverbs 27:19, As water
reflects a face, so a man's heart
reflects the man.**



**Proverbs 4:23, Keep your heart
with all diligence, for out of it
spring the issues of life.**



Forgiveness – Old Testament Scripture References

Isaiah 43:25, "I, even I, am He who blots out your transgressions, for My own sake, and remembers your sins no more."

Micah 7:19, He will again have compassion on us, and will subdue our iniquities. You will cast all our sins into the depths of the sea.

Psalm 103:1-3, Bless the LORD, O my soul; and all that is within me, bless His holy name! Bless the LORD, O my soul, and forget not all His benefits: Who forgives all your iniquities, who heals all your diseases.



Biblical Forgiveness Works In Three Areas:

1. God Forgiving Us.

1 John 1:9, If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Luke 7:47, Therefore I say to you, her sins, which are many, are forgiven, for she loved much. But to whom little is forgiven, the same loves little.”

2. Getting Over Our Past Failures.

Philippians 3:13-14, Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus.

3. The Forgiveness We Give To Others.

Luke 17:3-4, Take heed to yourselves. If your brother sins against you, rebuke him; and if he repents, forgive him. And if he sins against you seven times in a day, and seven times in a day returns to you, saying, 'I repent,' you shall forgive him."

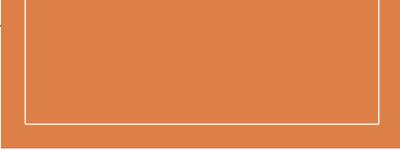
Colossians 3:13, Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

Ephesians 4:32, And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.



Four Stages of Unforgiveness

- 1. Initial Hurt**
- 2. Resentment**
- 3. Retaliation**
- 4. Bitterness**



Living One Day at a Time

Matthew 6:34

Many Christians are either a prisoner of the future (through worry) or a prisoner of the past (through guilt and unforgiveness).



Ephesians 4:26-27, In your anger do not sin:
do not let the sun go down while you are still
angry, and do not give the devil a foothold.

1 Corinthians 11:27-31, Therefore whoever eats this bread or drinks this cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord. But let a man examine himself, and so let him eat of the bread and drink of the cup. For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord's body. For this reason, many are weak and sick among you, and many sleep. For if we would judge ourselves, we would not be judged.



A Continuing Debt



Romans 13:8, Let no debt remain outstanding, except the continuing debt to love one another.

I John 4:20, If anyone says, 'I love God,' yet hates his brother, he is a liar.

For anyone who does not love his brother, whom he has seen, cannot love God, whom he has not seen.

Healing the Heart

**Psalm 147:3, He heals the
brokenhearted and binds up their
wounds.**

II Corinthians 1:3-4, Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.



How to Forgive Someone

- **Remember what forgiveness involves.**
- **Recognize the benefits of forgiving.**
 - **Be empathetic.**
 - **Be reasonable.**
 - **Act quickly.**



**Forgiveness Brings Much
to a Person's Life:**

- **It frees you from the emotional weight of the pain.**
- **Gives an earthly picture of grace.**
- **Helps you sleep better at night.**



The Health Benefits of Forgiving Someone:

- * Lower your heart rate and blood pressure.
- * Reduce stress and hostility levels in general.
 - * Manage stress and anger better overall.
- * Reduce depression, anxiety, and chronic pain.
 - * Promote feelings of wellbeing—mentally, physically, emotionally, and spiritually.
- * Improve relationships and increase friendships.



“Forgiveness is the greatest gift you can give yourself.”

Bible Study Follow Up Chat Questions:

1. What is your greatest takeaway from today's lesson?
2. Forgiveness is...
3. Why should we forgive?
4. How does unforgiveness give a "foothold" to the devil?
5. Why do you think it is difficult to forgive those who hurt you?
6. When I forgive, am I condoning sin?
7. How could extending forgiveness heal a relationship?
8. What are some benefits of forgiveness?