

Feelings,  
Forgiveness,  
and Me

Hebrews 12:1



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Hebrews 12:1

“Since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us.”

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God's Forgiveness

Requires:

1. Repentance
2. A willingness for us to forgive others

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## Our Forgiveness

Question:

How do we forgive others?

How does it come about?

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## Our Forgiveness

Two aspects:

1. Forgiving others
2. Forgiving self

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## Forgiving Others

1. Acknowledge the hurt and the pain

•The process of forgiving another requires that we admit to our hurt and pain

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## Forgiving Others

### 2. Identify the hurt

- The process of forgiving another requires us to be able to name our hurt and pain
- Be specific

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## Forgiving Others

### 3. Evaluate the hurt and pain

- The process of forgiving another requires us to be give it the proper value

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## Forgiving Others

Questions to Help evaluate our hurt and pain

- How badly am I hurt?
- What difference does this make in my life?
- Was it just because I did not get my way?
- Am I truly wounded or just want to be wounded

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## Forgiving Others

Questions to Help evaluate our hurt and pain

- Am I more inconvenienced than hurt?
- Am I really at the center of the universe and the ultimate authority on all things?

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## Forgiving Others

Example 1 – Temper tantrums

Example 2 - Sports

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## Three Options to Hurt and Pain

1. Revenge
2. Forget it and stuff it away
3. Forgive it and heal from it

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## Revenge

- The desire to hurt back
- “They will pay for this!”
- “I don’t get mad, I get even!”

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## Revenge

Revenge is not an action of the disciple of Christ

Romans 12:17-21

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## Romans 12:17-21

- Do not repay evil with evil
- Bless, do not curse (14)
- Do what is right
- Live at peace with everyone (as much as it is your responsibility)

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### Romans 12:17-21

- Do not take revenge
- Leave them in God's hands to discipline
- Reflect the character of Jesus to your enemies
- Overcome evil with good

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### Forget it and Stuff it Away

- It seems easier to not deal with it and to wall it off in our hearts and minds
- BUT – it always comes out and rises to the surface
- This is not a healthy, Christ centered option

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### Wrong Beliefs About Forgiveness

1. F. is NOT tolerating the wrong
2. F. is NOT forgetting the wrong and pain
3. F. is NOT excusing the person from blame
4. F. is NOT justifying the wrong done to us
  1. We do not say, "I understand why you did that"

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### Correct Belief about Forgiveness

1. Forgiveness IS FOR the person forgiving
  - It is for our own hearts
2. Forgiveness IS FOR allowing God's healing to enter into our woundedness and pain

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### Correct Belief about Forgiveness

The person who hurt us should not be the person who decides whether or when we should recover from the pain he/she brought us.

- Lewis B. Smedes  
"The Art of Forgiveness"

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### Correct Belief about Forgiveness

- Forgiveness is for our own heart and health
- Forgiveness is a process
- Forgiveness takes time
- Forgiveness is a journey with God

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## Forgiving Ourselves

1. Recognize that we are torn apart by our own guilt and shame – we require forgiveness
2. We can only forgive what we did, not who we are.
  - Do not confuse or equate actions with self-worth
  - E.g. “I am so stupid” “I am an idiot”

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## Forgiving Ourselves

3. Accept that God finds you of ultimate worth
  - He died for you!
4. Know the difference between:
  - Self judgement – receive God’s forgiving grace
  - Self rejecting – receive God’s accepting grace

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## Forgiveness Card

1. Be specific
2. Repeat
3. Celebrate

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