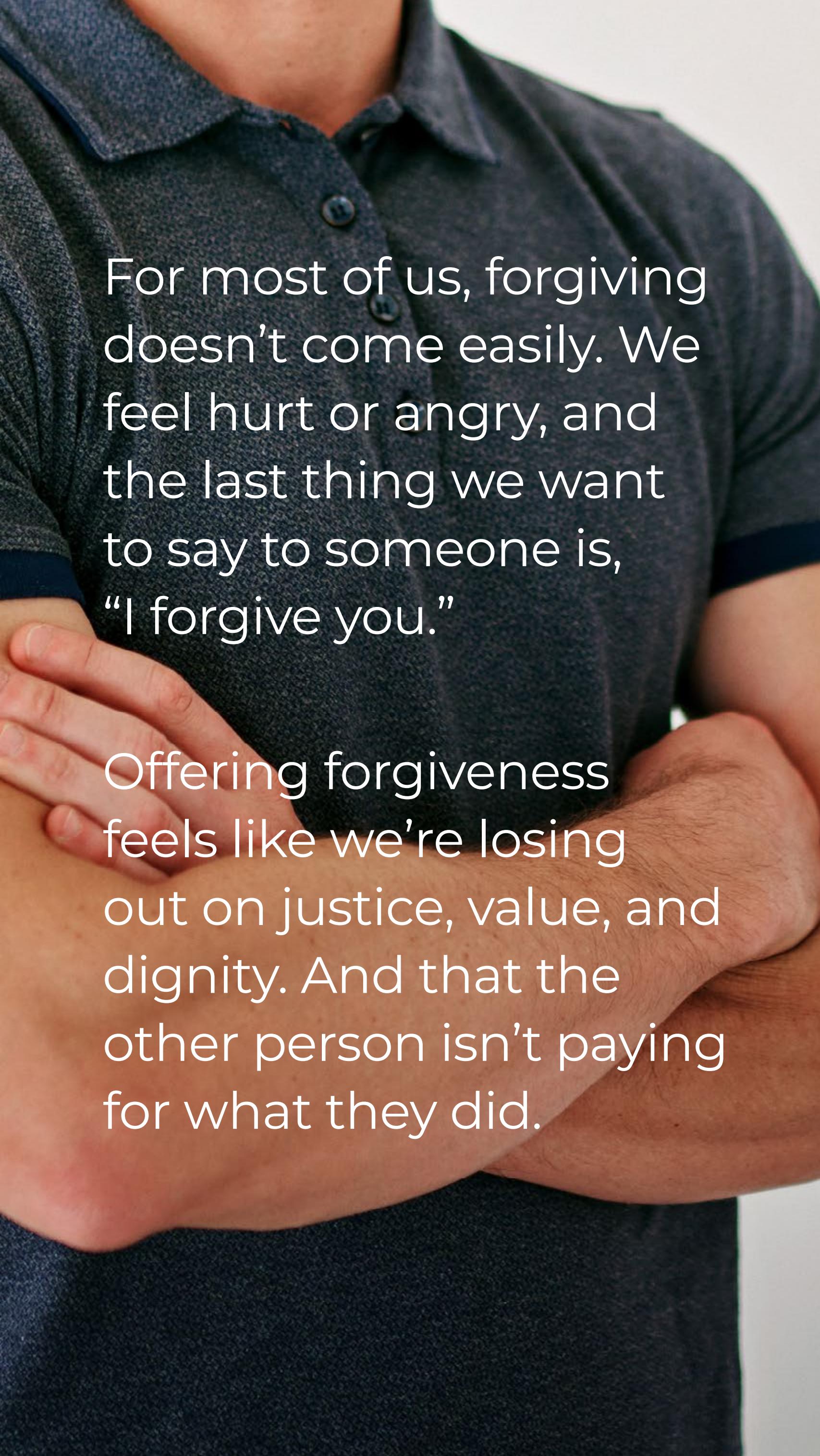


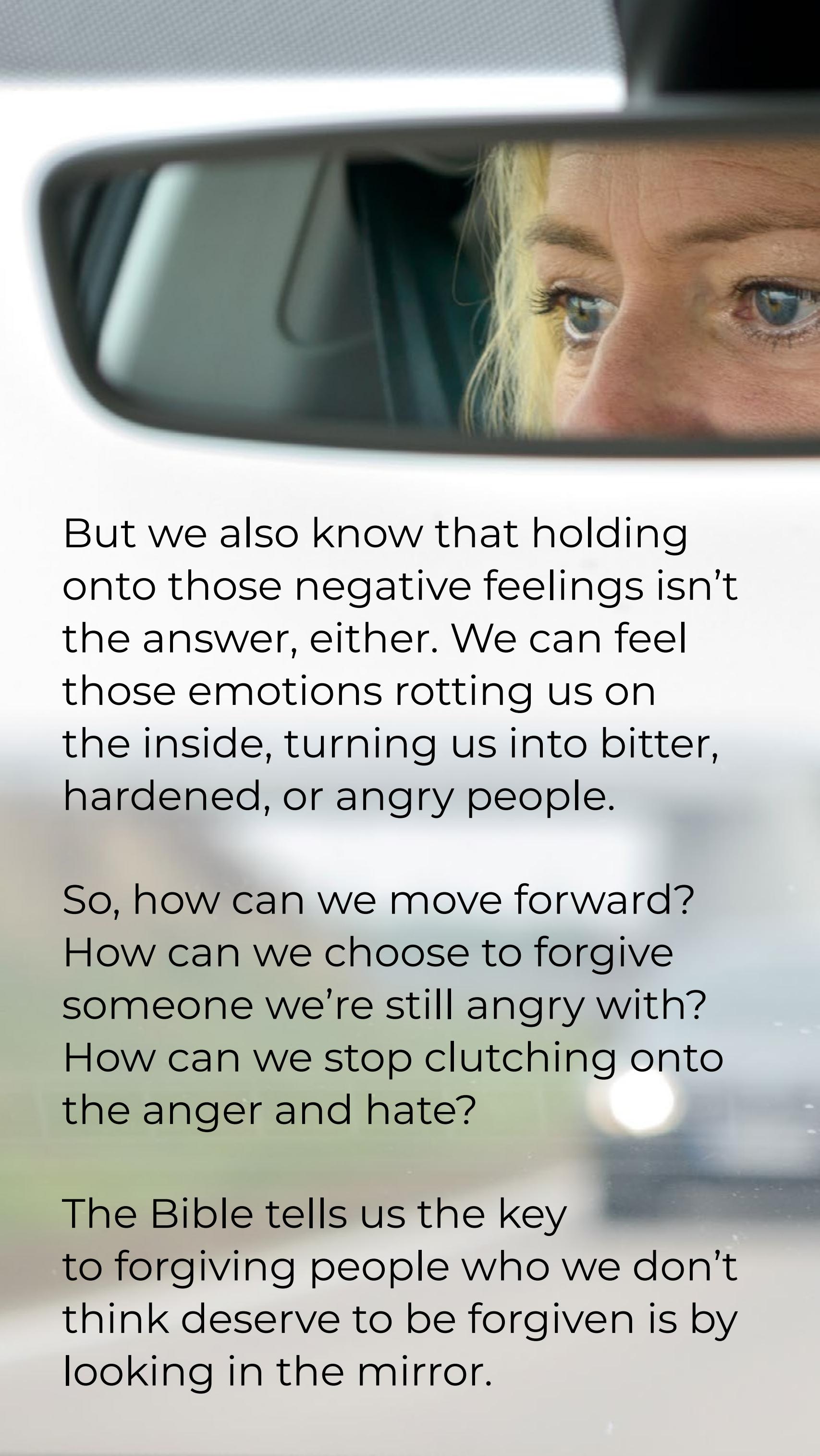
Forgiveness





For most of us, forgiving doesn't come easily. We feel hurt or angry, and the last thing we want to say to someone is, "I forgive you."

Offering forgiveness feels like we're losing out on justice, value, and dignity. And that the other person isn't paying for what they did.



But we also know that holding onto those negative feelings isn't the answer, either. We can feel those emotions rotting us on the inside, turning us into bitter, hardened, or angry people.

So, how can we move forward? How can we choose to forgive someone we're still angry with? How can we stop clutching onto the anger and hate?

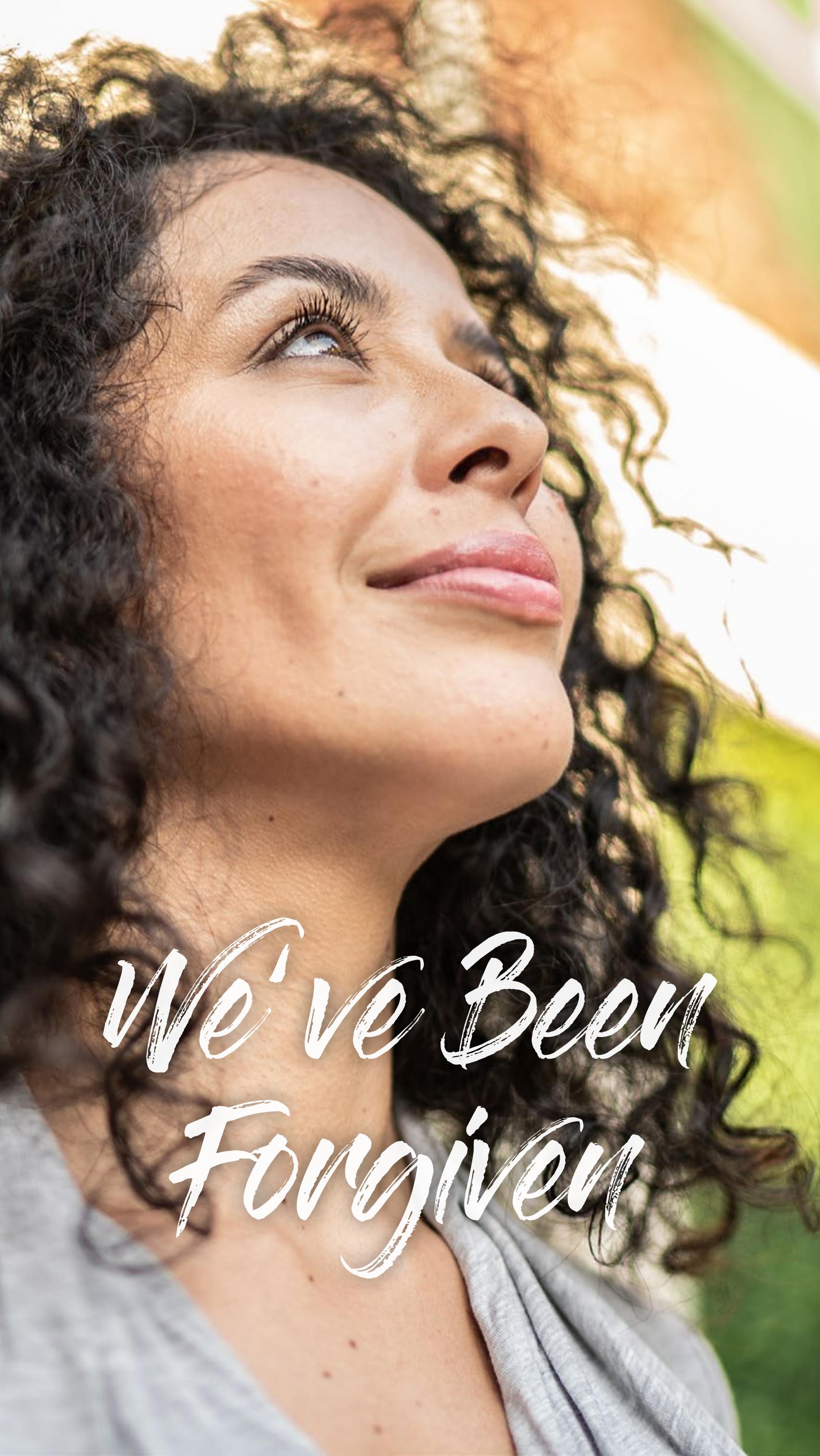
The Bible tells us the key to forgiving people who we don't think deserve to be forgiven is by looking in the mirror.

We don't deserve God's forgiveness—and yet He offers it to us in Jesus!

The Bible says that when we believe that Jesus absorbed the anger and punishment we deserve for sinning against God, then we'll find we can forgive others, too.

When we see, understand, and accept what Christ did for us, it changes us from the inside out. It helps us let go of the need to cling to the pain and hurt—and choose to forgive.

NOTE: tap on the Bible references to read the verses in context using the NewLife app or online at www.newlife.bible



We've Been
Forgiven

What is causing the quarrels and fights among you? Don't they come from the evil desires at war within you?

You want what you don't have, so you scheme and kill to get it. You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them.

JAMES 4:1-2

“But the Lord our God is merciful and forgiving, even though we have rebelled against him.”

DANIEL 9:9

Where is another God like you,
 who pardons the guilt of the
remnant,
 overlooking the sins of his
special people?

**You will not stay angry with
your people forever,**
 because you delight in
showing unfailing love.

MICAH 7:18

But—When God our Savior revealed his kindness and love, he saved us, not because of the righteous things we had done, but because of his mercy.

**He washed away our sins,
giving us a new birth and new
life through the Holy Spirit.**

TITUS 3:4-5

We Should
Forgive



Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.

Instead, be kind to each other, tender-hearted, forgiving one another, **just as God through Christ has forgiven you.**

EPHESIANS 4:31-32

“If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.”

MATTHEW 6:14-15



**...“don’t sin by letting
anger control you.”**

Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil.

EPHESIANS 4:26-27

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





The
God
of
Peace

So how do we actually forgive people? How do we fight the anger and frustration that comes so naturally? Where do we find the moral and spiritual fortitude to resist anger?

The only answer is the gospel—the truth that we, deserving God's wrath, have been forgiven so we can forgive others, even when we don't think they deserve our forgiveness.

When we look at the example of Jesus—how He forgave everyone who either betrayed, abandoned, beat, and crucified Him—that's when we realize we have Someone who can show us the way to forgiveness.

“The LORD did not set his heart on you and choose you because you were more numerous than other nations, for you were the smallest of all nations!

Rather, it was simply that the LORD loves you, and he was keeping the oath he had sworn to your ancestors.”

DEUTERONOMY 7:7-8

“So watch yourselves! If another believer sins, rebuke that person; then if there is repentance, forgive.

Even if that person wrongs you seven times a day and each time turns again and asks forgiveness, you must forgive.”

LUKE 17:3-4

On the night when he was betrayed, the Lord Jesus took some bread and gave thanks to God for it.

Then he broke it in pieces and said, “This is my body, which is given for you. Do this in remembrance of me.”

In the same way, he took the cup of wine after supper, saying, “This cup is the new covenant between God and his people—an agreement confirmed with my blood. Do this in remembrance of me as often as you drink it.”

1 CORINTHIANS 11:23-25

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