

REPENTANCE/FORGIVENESS

LUKE 24:46-47 NLT *And he said, “Yes, it was written long ago that the Messiah would suffer and die and rise from the dead on the third day. ⁽⁴⁷⁾ It was also written that this message would be proclaimed in the authority of his name to all the nations, beginning in Jerusalem: ‘There is forgiveness of sins for all who repent.’”*

EPHESIANS 4:31-32 NLT *Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. ⁽³²⁾ Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.*

RECONCILIATION

MATTHEW 5:23-24 NLT *“So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, ⁽²⁴⁾ leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.”*

EPHESIANS 2:16 NLT *Together as one body, Christ reconciled both groups to God by means of his death on the cross, and our hostility toward each other was put to death.*

RESTRICTIONS

JOHN 8:10-11 NLT *Then Jesus stood up again and said to the woman, “Where are your accusers? Didn’t even one of them condemn you?” ⁽¹¹⁾ “No, Lord,” she said. And Jesus said, “Neither do I. Go and sin no more.”*

JOHN 5:14-17 NLT *But afterward Jesus found him in the Temple and told him, “Now you are well; so stop sinning, or something even worse may happen to you.” ⁽¹⁵⁾ Then the man went and told the Jewish leaders that it was Jesus who had healed him. ⁽¹⁶⁾ So the Jewish leaders began harassing Jesus for breaking the Sabbath rules. ⁽¹⁷⁾ But Jesus replied, “My Father is always working, and so am I.”*

1 THESSALONIANS 4:7-9 NLT *God has called us to live holy lives, not impure lives. ⁽⁸⁾ Therefore, anyone who refuses to live by these rules is not disobeying human teaching but is rejecting God, who gives his Holy Spirit to you. ⁽⁹⁾ But we don’t need to write to you about the importance of loving each other, for God himself has taught you to love one another.*

THINK & DISCUSS:

1. How do you see the difference between forgiveness and reconciliation?
2. What’s it going to take to bring you to the reconciliation table?
3. What restrictions need to be in place to move your relationships forward?

MY STEP: #3 Repent of my unforgiveness

THE GRUDGE

FREEDOM IN FORGIVENESS

6 STEPS OF THE FORGIVENESS PROCESS

Step 1: Thank God for Forgiving me

Ask: "Do I have any unconfessed sin in my life?"

Step 2: What offenses do I need to Forgive

Ask: "Who do I need to forgive and for what?"

Step 3: Repent of my Unforgiveness

Ask: "God please forgive my unforgiveness?"

Step 4: I choose to Forgive from my Heart

Say: "God, I choose to forgive Name from my heart for offense."

Ask: "Lord, is there anything else I need to forgive Name for?"

Say: "I declare Name is no longer in my debt. I transfer their debt to God."

Step 5: Ask God to bless them

Ask: "Lord, please bless Name, and help me find a way to bless them."

Step 6: Commit to Not Remember

When the memory comes:

Say: "I remember forgiving that!"

Say: "Praise God for the freedom forgiveness brought me."

Say: "Bless the person I forgave again!"

Pray: "Please God, pave the way for reconciliation."