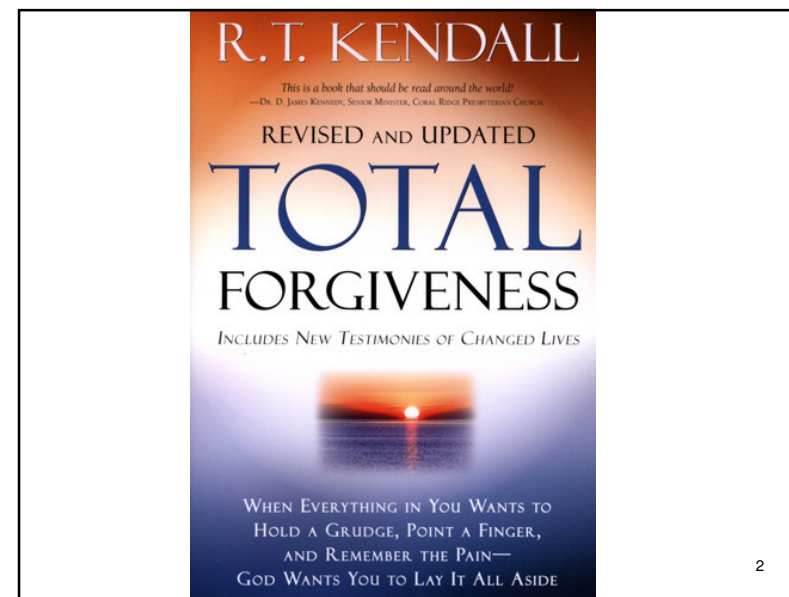


The Importance of Forgiveness



The Importance of Forgiveness

21 那时，彼得进前来，对耶稣说：主阿，我弟兄得罪我，我当饶恕他几次呢？到七次可以麽？22 耶稣说：我对你说，不是到七次，乃是到七十个七次。23 天国好像一个王要和他仆人算账。24 才算的时候，有人带了一个欠一千万银子的来。25 因为他没有甚麽偿还之物，主人吩咐把他和他妻子儿女，并一切所有的都卖了偿还

3

The Importance of Forgiveness

26 那仆人就俯伏拜他，说：主阿，宽容我，将来我都要还清。27 那仆人的主人就动了慈心，把他释放了，并且免了他的债。28 那仆人出来，遇见他的一个同伴欠他十两银子，便揪着他，掐住他的喉咙，说：你把所欠的还我！29 他的同伴就俯伏央求他，说：宽容我罢，将来我必还清。

4

The Importance of Forgiveness

29 他的同伴就俯伏央求他，说：
宽容我罢，将来我必还清。

30 他不肯，竟去把他下在监里，
等他还了所欠的债。

31 众同伴看见他所做的事就甚
忧愁，去把这事都告诉了主
人。32 於是主人叫了他来，对
他说：你这恶奴才！你央求
我，我就把你所欠的都免了，

5

The Importance of Forgiveness

33 你不应当怜恤你的同伴，像
我怜恤你麽？

34 主人就大怒，把他交给掌刑
的，等他还清了所欠的债。

35 你们各人若不从心里饶恕你
的弟兄，我天父也要这样待你
们了。

6

The Importance of Forgiveness

Matthew 18:21 At that point Peter got up the nerve to ask, "**Master, how many times do I forgive a brother or sister who hurts me?** Seven?" Jesus replied, "Seven! Hardly. Try seventy times seven. "The kingdom of God is like a king who decided to square accounts with his servants. As he got under way, one servant was brought before him who had run up a debt of a hundred thousand dollars. He couldn't pay up, so the king ordered the man, along with his wife, children, and goods, to be auctioned off at the slave market.

7

The Importance of Forgiveness

"The poor wretch threw himself at the king's feet and begged, 'Give me a chance and I'll pay it all back.' Touched by his plea, the king let him off, erasing the debt. "The servant was no sooner out of the room when he came upon one of his fellow servants who owed him ten dollars. He seized him by the throat and demanded, 'Pay up. Now!', "The poor wretch threw himself down and begged, 'Give me a chance and I'll pay it all back.'

8

The Importance of Forgiveness

But he wouldn't do it. He had him arrested and put in jail until the debt was paid. When the other servants saw this going on, they were outraged and brought a detailed report to the king. "The king summoned the man and said, 'You evil servant! ***I forgave your entire debt when you begged me for mercy. Shouldn't you be compelled to be merciful to your fellow servant who asked for mercy?***'"

9

The Importance of Forgiveness

The king was furious and put the man in prison to pay the entire debt. ***And that's exactly what my Father in heaven is going to do to each one of you who doesn't forgive unconditionally anyone who asks for mercy.***

10

The Importance of Forgiveness

1. ***Servant owed 100,000 dollars***
2. ***Begged for forgiveness***
3. ***The servant was forgiven***
4. ***Servant was owed 10 dollars***
5. ***Servant refused to forgive the other person***
6. ***Servant threw his debtor in prison***
7. ***Servant was thrown back into prison***

11

The Importance of Forgiveness

- How Do We Know if We Need to Forgive?

We need to forgive if we find ourselves thinking about an offense with no outside prompting. ***In other words, we bring up the subject to others or to ourselves for no apparent reason.***

12



The Importance of Forgiveness

How do I know when I have truly forgiven?

You know you have forgiven when you ...

- *no longer have to think about it,*
- *no longer have to talk about,*
- *no longer feel the need to seek revenge,*
- *no longer live in bitterness and anger,*
- *can recall those who hurt you and can wish them well.*

14

The Importance of Forgiveness

Results of unforgiveness

1. God will not forgive us
2. We will be trapped in our wounding, bitterness, anger and desire for vengeance
3. It will have a deep and devastating impact on our life, emotionally, mentally and even physically.

We don't realize that unforgiveness is destroying us.

15

The Importance of Forgiveness

What happens when we refuse to forgive?

Here are ten consequences of an unforgiving spirit:

1. Our fellowship with the Father is blocked.
2. The Holy Spirit is grieved.
3. Your prayers will not be answered.
4. God leaves you alone to face the problems of life in your own power.
5. The devil gains a foothold through your bitterness.
6. You force God to become your enemy.
7. You lose the blessing of God on your life.
8. You waste time nursing a wounded spirit.
9. You become enslaved to the people you hate.
10. You become like the people you refuse to forgive.

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Table I Impact of lack of forgiveness on different levels of business systems

Individual	Dyad (two people)	Team	Organization
Alienation	Separation	Internal competition	Controlling behavior
Self-doubt	Conflict	Lack of common direction	Secrecy
Righteousness	Blame	Fault finding	Mistrust
Preoccupation	Avoidance	Jealousy	High turnover
Anger/withdrawal	Mistrust	Negative politics	Protective behavior
Lack of creativity/innovation	Controlling	Gossip	Back stabbing
Poor health	Punishing	Manipulation	Over-work
Unhappiness	Frustration	Stress	Out of balance
Guilt	Anger	Frustration	Confusion
Fear	Tension	Denial	Political posturing
Depression	Judgmental	Score keeping	Non-coordinated workforce
Suffering	Disharmony	Distance	Low allegiance
Low self-esteem	Agitation		
	Disappointment		
	Defensiveness		
	Inauthentic behavior		

Table II Impact of forgiveness on different levels of business systems

Individual	Dyad (two people)	Team	Organization
Happiness	Partnership	Mutually supportive	Open authentic culture
Presence	Collaboration	Feeling of community	Focus on contribution and service
Creativity/innovation	Trust	Joy/fun	Employee retention
Vibrant health	Open/authentic	Playfulness	Flexible work force
Autonomy	Communication	Shared learning	Respected in the community
Personal responsibility	Supportive	Interconnection	Empowerment
Peace of mind	Acknowledgment	Action orientation	Pride in organization
Authenticity	Appreciation	Clarity of roles	Meaningful work
Freedom to self-express	Gratitude	Direction	Values in action
Choice	Ownership	Sense of belonging	
Self assurance	Interconnection		
Focused	Respectful		
Openness	Growth		
	Nurturing		
	Sharing Information		
	Compassion		

The Importance of Forgiveness

What is forgiveness

1. Forgiveness means to “let go”

35 你们各人若不从心里饶恕你的弟兄，我天父也要这样待你们了。

35 “That’s what my heavenly Father will do to you if you refuse to forgive your brothers and sisters from your heart.”

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The Importance of Forgiveness

What is forgiveness?

Forgiveness is a choice

It is a choice to release.

It is a choice not to hold on, it is letting go

It is making a decision to choose to cancel the debt the other person owes you

**Forgiveness is a choice to stand with Jesus.
It releases God. And it releases you.**

21

The Importance of Forgiveness

What is forgiveness?

Corrie Ten Boom

- Christian friends hurt her
- she was not sleeping
- Lutheran pastor shared an illustration

22

The Importance of Forgiveness

"Corrie, up in the church tower is a bell that is rung by pulling on a rope. When the sexton pulls the rope, the bell peals out ding-dong, ding-dong.

*What happens if he doesn't pull the rope again?
Slowly the sound fades away. Forgiveness is like that.*

When we forgive someone, we take our hand off the rope. But if we've been tugging at our grievances for a long time, we mustn't be surprised if the old angry thoughts keep coming for awhile. They're just the ding-dongs of the old bell slowing down."

23

The Importance of Forgiveness

- Memories will come back
- Refuse to dwell on them
- When you forgive you let go of the rope and the force is gone out of your anger

Is forgiveness an event or a process?

The answer is yes. It is both an event in the sense that you must at some point decide to forgive.

And it is a process that often must be repeated over time.

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The Importance of Forgiveness

Why forgive? We can't afford not to forgive!

1. Forgiveness cuts the chains that tie us to the person or the offence through our ungodly response such as bitterness, resentment, hatred, desire for justice and vengeance.

26

The Importance of Forgiveness

Why forgive? We can't afford not to forgive!

2. It sets you free. Without forgiveness we are tied to the person, or the event, or the situation that wounded us.

27

The Importance of Forgiveness

Why forgive? We can't afford not to forgive!

3. Thirdly, when we forgive we remove any and all legal grounds for the enemy to have any rights or access to us.

28

The Importance of Forgiveness

Why forgive? We can't afford not to forgive!

4. But fourthly, forgiveness sets God free to work more freely in the life of the person who offended you

29

The Importance of Forgiveness

1. We need forgiveness
2. We need to forgive others
3. We need to forgive ourselves
4. We need to release God

30

The Importance of Forgiveness

1. We need forgiveness

約翰一書 1:8-9

- 8 我们若说自己无罪，便是自欺，真理不在我们心里了。
- 9 我们若认自己的罪，神是信实的，是公义的，必要赦免我们的罪，洗净我们一切的不义。

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The Importance of Forgiveness

1. We need forgiveness

- 1 John 1:8-9 says: ***“8 If we claim we have no sin, we are only fooling ourselves and not living in the truth. 9 But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.”***

32

The Importance of Forgiveness

2. We need to forgive others

- *Mat 7:2 says, "For with what judgement you judge, you will be judged; and with the measure you use, it will be measured back to you."*
- *Mark 11:25 "And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins. But if you do not forgive, neither will your Father who is in heaven forgive your sins". If I don't forgive, He cannot.*

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The Importance of Forgiveness

Three steps to Forgiveness

- 1. Understand - Discover the humanity of the person who hurt us.**
That simply means that without diminishing their sin, we admit that they are sinners just like we are sinners.
- 2. Surrender - Surrender our right to get even.**
This is hard because it is natural to want someone else to pay for all the pain they caused us. But in the end, we must leave all judgment in the hands of a just and merciful God.
- 3. Transformation - Revise our feelings toward the other person.**
This means giving up our hatred and letting go of our bitterness. You'll know you have reached total forgiveness when you are able to ask God to bless those who have hurt you so deeply. Without God it is impossible. It is a miracle of God. (Matthew 5:44)

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The Importance of Forgiveness

3. We need to forgive ourselves:

羅馬書 8:1 如今，那些在基督耶穌里的就不定罪了。

So who am I to condemn myself?

馬太福音 22:37-40 耶穌對他說：你要尽心、盡性、盡意愛主—你的神。38 這是誡命中的第一，且是最大的。39 其次也相仿，就是要愛人如己。40 這兩條誡命是律法和先知一切道理的總綱。

35

The Importance of Forgiveness

3. We need to forgive ourselves:

Rom 8:1 ***"There is therefore now no condemnation for those who are in Christ Jesus".*** So who am I to condemn myself?

Mt 22:37-40 Jesus replied, "You must love the Lord your God with all your heart, all your soul, and all your mind.'[a](#) **38** This is the first and greatest commandment. **39** A second is equally important: 'Love your neighbor as yourself.'[b](#) **40** The entire law and all the demands of the prophets are based on these two commandments."

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The Importance of Forgiveness

3. We need to forgive ourselves:

But forgiving oneself is often needed before God can remove the guilt and self-condemnation and self-hate.

When we don't forgive, we invariably
 make pronouncements,
speak curses,
 or judge ourselves so critically
 that we create tracks (see Inner Vows or Bitter Root
 Judgements) that our lives then operate on.

We slowly develop ungodly mindsets and strongholds against God,
 ourselves and the one who offended us.

You create your own reality with the thoughts and words that you
 speak!!!

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The Importance of Forgiveness

3. We need to forgive ourselves

1. We need to acknowledge our actions, attitudes, feelings that we would have changed

2. We need to let go of the judgments, pronouncements, and negative ideas towards ourselves.

We need to spend time on "letting go."

38

The Importance of Forgiveness

4. We need to release God

Forgiveness may not be complete until God the
 Father is included.

You may need to release God.

Why forgive God?

Does God sin?

Problem is not with God it is with us!

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The Importance of Forgiveness

4. We need to release God

Because we have been hurt

Because we have felt left down, abandoned.

Because we have felt that God didn't care for us.

Because we have blamed God for the problems that we have...

Because we are angry at God

Because we trusted him and felt like our trust was betrayed...

40

The Importance of Forgiveness

4. We need to release God

Then said his[job's] wife to him, 'Do you still retain your integrity? curse God, and die.'

Job ch 2

Job ch 38-41 God questions job

How do we release God?

We release God from blame (job did this)

We affirm his sovereignty

God is in control, "god is still on the throne"

We affirm his love for us as our heavenly father

We receive a revelation of God

41

The Importance of Forgiveness

4. We need to release God Job 42:1-5

約伯記

42 1 约伯回答耶和华说：

2 我知道，你万事都能做；你的旨意不能拦阻。

3 谁用无知的言语使你的旨意隐藏呢？我所说的是我不明白的；这些事太奇妙，是我不知道的

4 求你听我，我要说话；我问你，求你指示我。

5 我从前风闻有你，现在亲眼看见你。

42

The Importance of Forgiveness

4. We need to release God Job 42:1-5

1 Then Job replied to the Lord: 2 "I know that you can do anything, and no one can stop you.

3 You asked, 'Who is this that questions my wisdom with such ignorance?

It is I—and I was talking about things I knew nothing about, things far too wonderful for me.

4 You said, 'Listen and I will speak!
I have some questions for you,
and you must answer them.'

5 I had only heard about you before,
but now I have seen you with my own eyes."

43

The Importance of Forgiveness

Is forgiveness easy?

路加福音 17:1 耶稣又对门徒说：绊倒人的事是免不了的；但那绊倒人的有祸了。

2 就是把磨石拴在这人的颈项上，丢在海里，还强如他把这小子里的一个绊倒了。

3 你们要谨慎！若是你的弟兄得罪你，就劝戒他；他若懊悔，就饶恕他。

4 倘若他一天七次得罪你，又七次回转，说：我懊悔了，你总要饶恕他。

5 使徒对主说：求主加增我们的信心。

6 主说：**你们若有信心像一粒芥菜种，就是对这棵桑树说：你要拔起根来，栽在海里，他也必听从你们。**

44

The Importance of Forgiveness

Is forgiveness easy?

Luke 17 1 One day Jesus said to his disciples, "There will always be temptations to sin, but what sorrow awaits the person who does the tempting! **2** It would be better to be thrown into the sea with a millstone hung around your neck than to cause one of these little ones to fall into sin. **3** So watch yourselves! "If another believer[a] sins, rebuke that person; then if there is repentance, forgive. **4** Even if that person wrongs you seven times a day and each time turns again and asks forgiveness, you must forgive." **5** The apostles said to the Lord, "Show us how to increase our faith." **6** The Lord answered, **"If you had faith even as small as a mustard seed, you could say to this mulberry tree, 'May you be uprooted and thrown into the sea,' and it would obey you!"**

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The Importance of Forgiveness

Is forgiveness easy?

Jesus said we need to have faith the size of a single mustard seed!

"mustard" is the Greek word sinapi

Not faith but willingness is all that is needed... Forgive from our hearts...

Forgiveness is a decision! We make that decision by faith...

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The Importance of Forgiveness

How do you forgive if they do not confess?

Missy Jenkins has just released an extraordinary book. If her name doesn't ring a bell, what happened to her probably will.

On Dec. 1, 1997, a 14-year-old classmate of Missy's shot her at school. In the rampage, three students were killed and five were injured. Missy's injuries caused her to become paralyzed and placed her in a wheel chair.

In her book, *I Choose to be Happy*, she tells of forgiving her attacker. She even met with him personally in prison.

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The Importance of Forgiveness

How do you forgive if they do not confess?

What gave her the courage to forgive? She attributes it to her faith. She believes that the forgiving lead to her healing. In an interview promoting the book, she said of forgiveness,

"It released me from being angry.

Being angry holds you down.

It causes you to be tired. ...

So I just chose to be happy and move on with my life. I thought it was the best way to help me heal, physically and emotionally."

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The Importance of Forgiveness

Ministry Time 30 minutes

Pray: Take a few moments to ask the Holy Spirit to show you who He wants you to forgive - and why. (There are often people we need to forgive which we have long forgotten about).

On the worksheet (or a separate piece of paper), write down the names of those He reveals to you.

Add to this list those you already know you need to forgive.

Now write down the ungodly way(s) you reacted or responded to them or the offence. Let the Holy Spirit show you what is in your heart (bitterness, pride, fear, vengeance ...)PRAYER FOR FORGIVENESS

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The Importance of Forgiveness

Lord, thank You for speaking to my heart about getting rid of bitterness, unforgiveness, and offense. I know from experience that these attitudes will kill my spiritual life.

When I am filled with bitterness and unforgiveness, I become a sour hostage to my memories. When I am consumed with offense, I lose my joy and peace and my relationships with other people are horribly affected.

I thank You for giving me all the faith I need to deal with this issue, Lord. Today I am asking You to help me start the process of ripping those foul roots out of the soil of my heart and soul.

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