

Ephesians 4:26-27, NIV – “(26) *In your anger do not sin*”: Do not let the sun go down while you are still angry, (27) and do not give the devil a foothold.

Psalms 6:2-3, TLB – “(2) *Pity me, O Lord, for I am weak. Heal me, for my body is sick, and I am upset and disturbed. My mind is filled with apprehension and with gloom. ...*”

Identity with the pain in them, that caused them to react toward you with the offense

2 Corinthians 2:7, NIV – “Now instead, you ought to forgive and comfort him, so that he will not be overwhelmed by excessive sorrow.”

Why forgive and comfort? Because his pain is what drove him to hurt you in the first place.

5. Principle Of Investment

Matthew 6:21, NIV – “For where your treasure is, there your heart will be also.”

Luke 23:34, NIV – “Jesus said, ‘Father, forgive them, for they do not know what they are doing.’” [Then Jesus died for them].

- a) Jesus forgave, willingly choosing to suffer the full consequences of their sins.
 - b) Jesus forgave by investing Himself into their lives (died for them)
 - c) We forgive by choosing to suffer the consequences of other’s sins
 - d) We forgive by investing something of ourselves into their lives
- I.e. “Our Treasure” – time, money, resources
 - When we invest in them, our heart / love follows after them
 - Eg. Give a gift, help them through a difficult time, etc.
 - Eg. Visit an offender in jail

TURNING PAIN INTO GAIN

3 –Five Principles To Empower Forgiveness

David Hibbert – August 14, 2005

James 1:2-4, NIV – (2) *Consider it pure joy, my brothers, whenever you face trials of many kinds*, (3) *because you know that the testing of your faith develops perseverance*. (4) *Perseverance must finish its work so that you may be mature and complete, not lacking anything.*

2 Corinthians 3:18, NIV – “But we all, with unveiled face beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit.”

1. Principle of Release

John 20:21-23, NIV – “(21) *Jesus said, ‘Peace be with you! As the Father has sent me, I am sending you.’* (22) *And with that he breathed on them and said, ‘Receive the Holy Spirit.* (23) *If you forgive (release) anyone his sins, they are forgiven (released); if you do not forgive (release) them, they are not forgiven (they are retained).*”

- a) Verse 22 - You cannot truly forgive, without the help of the Holy Spirit!
- b) Verse 23 - If you forgive (release) anyone his sins, they are forgiven (released)
“Forgive” = “aphie_mi” = “to send away, release, leave alone, to permit (in the sense of not getting even)”
 - i. Released out of THEIR life
 - ii. Released out of YOUR life
- c) Verse 23 - If you do not forgive (release) them, they are not forgiven (they are released, they are retained)
“Do not forgive” = “krateo_” = “to arrest, cling to, hold on to, retain, seize”
 - i. Retained in THEIR life
 - ii. Retained in YOUR life
- d) We hold OTHER PEOPLE in bondage through our unforgiveness
- e) We hold OURSELVES in bondage through our unforgiveness
- f) Forgiveness is for THEIR sake, and for OUR sake!
Isaiah 43:25, NIV – “*I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more.*”

2. Principle of Grace-Level Living

a) God Must Treat Us The Way We Treat Others

Matthew 6:14-15, NIV – “(14) For if you forgive men when they sin against you, your heavenly Father will also forgive you. (15) But if you do not forgive men their sins, your Father will not forgive your sins.”

b) We Must Choose Which Covenant We Will Live Under

OLD – LAW

Exodus 21:23-25 – “eye for an eye”
Favour of God earned
You get what you deserve (justice)
Favour based on our works
Ten commandments

NEW – GRACE

Jeremiah 31:31-34 – “forgiveness”
Favour of God given freely
You don’t get what you deserve (mercy)
Favour based on Christ’s works
Great commandment – love

c) Can Live Under Grace Or Law, But Not Both

- i. Through forgiveness, Jesus moved us from the justice level (law) to the mercy level (grace)
 - Satan can’t get you, when you live under the grace of God
- ii. When we refuse to forgive, we move ourselves back down to the justice level

Matthew 18:21-35, NIV – (21) Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?” (22) Jesus answered, “I tell you, not seven times, but seventy-seven times. (23) Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants. (24) As he began the settlement, a man who owed him ten thousand talents was brought to him. (25) Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt. (26) The servant fell on his knees before him. Be patient with me, ‘he begged, and I will pay back everything.’ (27) The servant’s master took pity on him, canceled the debt and let him go. (28) But when that servant went out, he found one of his fellow servants who owed him a hundred denarii. He grabbed him and began to choke him. ‘Pay back what you owe me!’ he demanded. (29) His fellow servant fell to his knees and begged him, ‘Be patient with me, and I will pay you back.’ (30) But he refused. Instead, he went off and had the man thrown into prison until

he could pay the debt. (31) When the other servants saw what had happened, they were greatly distressed and went and told their master everything that had happened. (32) Then the master called the servant in. ‘You wicked servant’, he said, ‘I canceled all that debt of yours because you begged me to. (33) Shouldn’t you have had mercy on your fellow servant just as I had on you?’ (34) In anger his master turned him over to the jailers to be tortured (torturers / tormenters), until he should pay back all he owed. (35) This is how my heavenly Father will treat each of you unless you forgive your brother from your heart.”

- At the justice level, Satan (the tormenter) is free to legally operate, and give you what you deserve

3. Principle Of Reframing

- When offended, reframe the offense from a trial, into an opportunity to grow
- Ask, “Father, why did you allow the offense?”
- Ask, “What are you trying to develop in my life through allowing the offense?”

Genesis 45:5,7-8, NIV – (5) And now, do not be distressed and do not be angry with yourselves for selling me here, because it was to save lives that God sent me ahead of you. ... (7) But God sent me ahead of you to preserve for you a remnant on earth and to save your lives by a great deliverance. (8) “So then, it was not you who sent me here, but God. He made me father to Pharaoh, lord of his entire household and ruler of all Egypt.”

Genesis 50:20, NIV – (20) You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.

4. Principle Of Identification

- “Hurt people hurt people”

HOW TO FORGIVE

1. For each offender, make a list describing each one of their offenses, including:

- a) Each specific offense
- b) The consequences of each offense (ie. How each offense affected you). (Don't try to minimize the offense by reasoning that they had a reason to do what they did)

Jeremiah 6:14, TLB – *“You can't heal a wound by saying it's not there!”*

- c) Any improper response / reaction to the offense

Psalms 40:12, TLB – *“Problems far too big for me to solve are piled higher than my head. Meanwhile my sins, too many to count, have all caught up with me and I am ashamed to look up.”*

2. For those offenses that you feel you can deal with alone:

- a) Pray and ask the Father to give you the grace (empowerment) to forgive the person.

Matthew 19:26, NIV – *“Jesus ... said, ‘With man this is impossible, but with God all things are possible.’”*

- b) Forgive the person for the offense and the consequence of the offense. Say, “I choose to forgive my _____ for the offense of _____ and for the consequence of that offense.

Ecclesiastes 11:4, TLB – *“If you wait for perfect conditions, you will never get anything done.”*

- c) Release the person from their debt to you for the offense, and the consequence of that offense.

John 20:21-23, NASB – *“If you forgive (retain) the sins of any, their sins have been forgiven them; if you retain the sins of any, they have been retained.”*

- d) Give the offender, and the offense, and the consequence of their offense, to the Father to deal with.

Romans 14:12, NIV – *“So then, each of us will give an account of himself to God.”*

- e) Ask the Father to forgive you for your wrong reaction to the offense.

1 John 1:9, NIV – *“If we confess our sins, he is faithful and just and will forgive us our sins and purify [cleanse] us from all unrighteousness.”*

- f) Ask the Father to heal and cleanse the offense and the pain of the offense from your life.

Jeremiah 30:17, TLB – *“I will give you back your health again and heal your wounds.”*

- g) Ask the Father to fill the place where the pain was, with His love.

Acts 2:28, NIV – *“You have made known to me the paths of life; you will fill me with joy in your presence.”*

- h) Have someone be praying for you, as you go through this process.

1 Samuel 7:5, NIV – *“... I will intercede with the LORD for you.”*

3. Meet with someone you trust, to help you go through any issues that you feel you can't do alone.

James 5:16, NIV – *“Therefore confess your sins to each other and pray for each other so that you may be healed. ...”*

2 Corinthians 3:18, NIV – *“But we all, with unveiled face beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit.”*