

Session 9: Forgiving From the Heart



Forgiving From the Heart

- 1. Introduction**
- 2. Our Need to Extend and Receive Forgiveness**
- 3. The Need to Forgive**
- 4. What Forgiveness is Not**
- 5. What Forgiveness Is**
- 6. Forgiving From the Heart**
- 7. Conclusion**



Forgiving From the Heart

1. Introduction [Matthew 6:9-15; Ephesians 4:31-32]

2. Our Need to Extend and Receive Forgiveness [Matthew 5:23-24; Matthew 6:12]

3. The Need to Forgive [Matthew 18:21-35]



Forgiving From the Heart

4. What Forgiveness is Not

A. It Is Not Forgetting [Psalm 103:12]

B. It Is Not Tolerating Sin [Ephesians 5:22-24; 6:1-2; 1 Peter 2:13-14]

C. It Is Not Denying Our Pain [James 4:10; Matthew 5:4]



Forgiving From the Heart

5. What Forgiveness Is [Ephesians 4:31-32]

**A. It Is Agreeing to Live with the
Consequences of Someone Else's Sin**

B. It Is Letting God Be the Avenger
[Romans 12:19-21; Galatians 5:14;
Galatians 6:1-2]



Forgiving From the Heart

6. Forgiving From the Heart

A. The Healing Process

B. The Temptation to Revisit Old Pain

7. Conclusion

