



And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

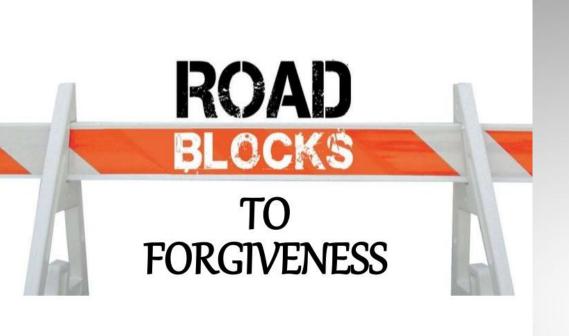




#### Mistaken Ideas

- Time Heals all Wounds
- I Must Deny Hurt
- I Must Always Confess to Others
- Forgiveness & Trust the Same
- To Forgive is to Forget





# HoldingAGrudge



If you are angry, don't sin by nursing your grudge. Don't let the sun go down with you still angry-get over it quickly;





Holding a GrudgeSelf Pity

Forgive ONE ANOTHER

Ephesians 4:32

do not merely look out for your own personal interests, but also for the interests of others.





- Holding a GrudgeSelf Pity
  - Anger



Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave



- Holding a GrudgeSelf Pity
  - Anger
  - Fear



There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.





- Holding a GrudgeSelf PityAnger
  - -Pride



#### By pride comes nothing but strife,

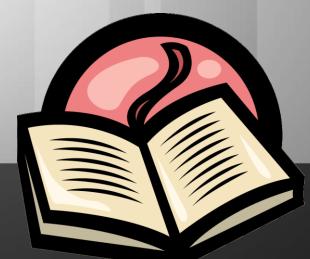


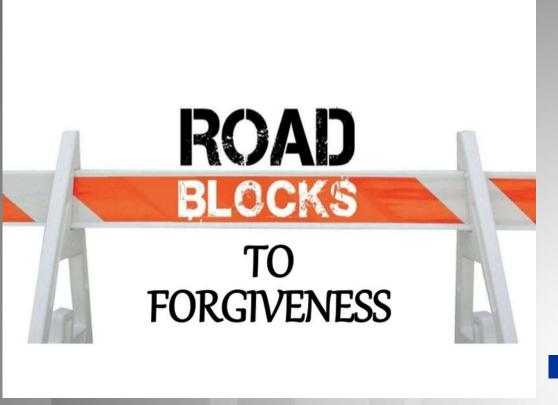


- Holding a GrudgeSelf Pity
  - Anger
    - Fear
  - Pride
  - -Revenge



Never take your own revenge, beloved, but leave room for the wrath of God, for it is written, "VENGEANCE IS MINE, I WILL REPAY," says the Lord.





- Holding a Grudge
- Self Pity
- Anger
- Fear

Pride

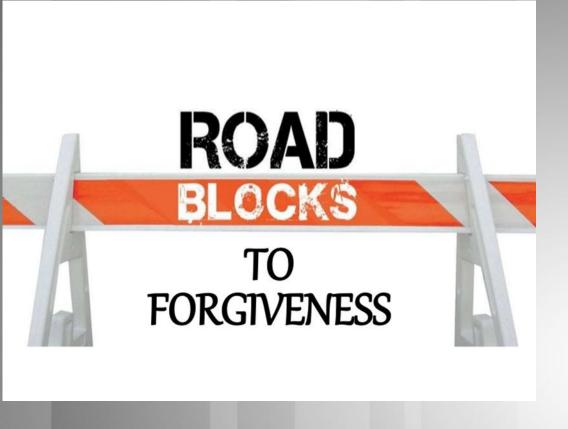
Revenge

#### Judgmental Spirit



Do not speak evil of one another, brethren. He who speaks evil of a brother and judges his brother, speaks evil of the law and judges the law.





- Holding a Grudge
- Self Pity
- Anger
- Fear

Pride

-Revenge

Judgmental Spirit

-Alibis



ONE ANOTHER

You, therefore, have no excuse, you who pass judgment on someone else, for at whatever point you judge the other, you are condemning yourself, because you who pass judgment do the same things.





## The Road Back to Forgiveness

Realize What God has Done For You











# The Road Back to Forgiveness

> Realize
Forgiveness is
a Choice

Forgive ONE ANOTHER

Ephesians 4:32





# The Road Back to Forgiveness

Understand the Consequences of an Unforgiving Heart



### **Understand the Consequences of an Unforgiving Heart**

Matt 6:14-15

For if you forgive men when they sin against you, your heavenly Father will also forgive you.



### Understand the Consequences of an Unforgiving Heart

Matt 6:14-15

But if you do not forgive men their sins, your Father will not forgive your sins.





# The Road Back to Forgiveness • Forgive that Person Right NOW



#### Matt 5:23-24

"Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.





# The Road Back to Forgiveness

View Forgiveness
 as a Tool for Growth





