

# Biblical Forgiveness

(of Those Who Have Hurt Us)

## The Consequences of Unforgiveness

- (Matthew 18:21-35) –
- (Matthew 6:14-15) –
- “Judicial” forgiveness vs. “relational” forgiveness –

## The Solution to Unforgiveness

- (Ephesians 4:31-32) –

What to “put off” (v. 31)

- bitterness – pikria – smoldering resentment, a state of sharp, intense resentment or hate.
- wrath – thumos – intense displeasure, expressing itself in rage. The idea is that we cannot “blow up” at one another.
- anger – orge – strong displeasure that manifests itself as deep hostility. When we hold on to *orge*, we invite demonic involvement in our lives. See (Eph. 4:26-27).
- clamor – krauge – shouting, screaming as a result of anger being expressed.
- slander/evil speaking – blasphemia – to speak to someone in such a way to harm or injure their reputation.

What to “put on” in its place (v. 32)

- kindness – chrestos – extending grace to one another, giving them the benefit of the doubt, responding to them with love even when it is underserved. Kindness involves giving good when good is underserved.
- tender-hearted – eusplagchnos - to be affectionate and compassionate. Being tender-hearted involves allowing weakness to arouse compassion instead of anger.
- forgiving – charizomai – forgiving wrong-doing on the part of another person because of a gracious attitude toward that person. This is what the LORD did for us.

## **Forgive them, even as God in Christ has forgiven you.**

- Forgive – *aphemi* – literally, “to send away”. Let go of the offense you are holding against each person and send it away. Here are some specific commitments involved in forgiveness:

1. “By God’s grace, I will refuse to dwell on this incident.”
2. “By God’s grace, I will not bring up this incident again and use it against you.”
3. “By God’s grace, I will not talk to others about this incident.”
4. “By God’s grace, I will not let this incident stand between us or hinder our personal relationship.”

(Excerpted from *Peacemaker*, by Ken Sande, pg. 209)

- (2 Cor 12:9) (Heb 4:14-16) – Forgive by the Lord’s grace. Don’t be surprised if you have to do this more than once, especially if the offense(s) are grievous.

## **Homework**

**Go before the Lord and ask Him to reveal anyone you have harbored unforgiveness toward. Make a list of these people, forgive them, letting go of all forms of anger toward them. By the empowering of the Holy Spirit, purpose to be kind and tender-hearted toward them.**