

THE MESSINESS OF MARRIAGE

And further, submit to one another out of reverence for Christ.
Ephesians 5:21

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.³² Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.
Ephesians 4:31-32

WHAT IS FORGIVENESS?

- Forgiveness is **not PRETENDING** that you weren't hurt, or saying that what the person did wasn't wrong.
- Forgiveness **does not** mean the instant restoration of **TRUST**.
- Forgiveness is **not** the same as **FORGETTING**.
- Forgiveness is **RELEASING** the person to God for the hurt they have caused you.

"Everyone says forgiveness is a lovely idea, until they have something to forgive." -C.S. Lewis

WHY SHOULD I FORGIVE?

1. Because God **COMMANDS** it.

Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.
Colossians 3:13

2. Because **UNFORGIVENESS** hurts me.

See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.
Hebrews 12:15

3. Because God has **FORGIVEN** me.

He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins.

Ephesians 1:7

If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.
Matthew 6:14-15

HOW DO I FORGIVE?

1. Pray for those who **HURT YOU**.

"You have heard the law that says, 'Love your neighbor' and hate your enemy. But I say, love your enemies! Pray for those who persecute you!"
Matthew 5:43-44

2. Forgive as you have been **FORGIVEN**.

Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.
Ephesians 4:32

"The key to forgiving others is to quit focusing on what they did to you and start focusing on what God did for you."
-Max Lucado

God blesses those who work for peace, for they will be called the children of God.
Matthew 5:9

Application: "I will offer forgiveness to those who have hurt me and I will ask forgiveness for any wrong I've done to others."