

Ephesians 4:32

“Be kind to each other, tenderhearted, **forgiving one another**, just as God through Christ has forgiven you.”



WHY FORGIVING OTHERS IS SO DIFFICULT:

1) It can be so exhausting

²² For I am poor and needy, and my heart is wounded within me. (Psalm 109:22-24)

²³ I fade away like an evening shadow; I am shaken off like a locust.

²⁴ My knees give way from fasting; my body is thin and gaunt.

2) It can take longer than we want it to

3) It doesn't always erase our memories

4) It doesn't always change the offender's heart

²¹ Then Peter came to him and asked, “Lord, how often should I forgive someone who sins against me? Seven times?” (Matthew 18:21-22)

²² “No, not seven times,” Jesus replied, “but seventy times seven!”

SO, WHY FORGIVE?

1) God wants us to forgive

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

2) Forgiveness will bring us peace and healing

(Proverbs 18:14) “The human spirit can endure a sick body, but who can bear a crushed spirit?”

3) Forgiveness allows us to move on with our life

(Genesis 50:20) “You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people.”

4) Forgiveness keeps us from resentment

(Romans 12:19) ¹⁹ Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, “I will take revenge; I will pay them back,” says the LORD.

(Hebrews 8:12) “And I will forgive their wickedness, and I will never again remember their sins.”

5) Forgiveness can give us a _____

¹²It is not an enemy who taunts me— **(Psalm 55:12-14)**

I could bear that. It is not my foes who so arrogantly insult me—

I could have hidden from them.

¹³ Instead, it is you—my equal, my companion and close friend.

¹⁴ What good fellowship we once enjoyed as we walked together to the house of God.

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