

*Forgive us our sins as we also have also forgiven those who have sinned against us. OR  
Forgive us our debts as we forgive those indebted to us.*

There are 2 parts to this section of the Lord's Prayer.

First, what is sin? To miss the mark that you are aiming for. The mark we are aiming for is living like Jesus, showing the Fruits of the Spirit in our lives. When we fail, that is sin.

What does it mean to forgive? To stop being angry or resentful to someone who has done something against you. To let it go and stop letting it bother you or make you think bad of them

### **#TargetPractice: Why do I need to be forgiven?**

Romans 3:23 says *"For everyone has sinned; we all fall short of God's glorious standard."* NLT

None of us are perfect and we all make mistakes. Can you think of a time that you did something that was not loving to someone else? Maybe you were selfish and just wanted your own way even if it hurt someone?

When we do those things, we need to ask God for forgiveness and to help us not do it again. It is also good to ask the person we hurt for forgiveness as well. We can also ask what we can do to make it right.

Is this something we ask one time and we are done? No! We are humans and will still make mistakes. We can't do it on our own. We have to have God help us. But that requires asking for forgiveness every time we miss the mark.

The 2nd part of this section of prayer is about forgiving someone who has done something against us. God wants us to forgive others!

### **#TargetPractice: Why should I forgive others?**

In Matthew 6:14, Jesus says, *"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."*

Oh no! If we expect God to forgive us for the wrong things we do that hurt Him, it is only right for us to forgive the wrong things that other people do that hurt us.

[The Parable of the Unforgiving Servant](#) start video at 30 seconds

Jesus said to forgive 70 times 7 times (490) This doesn't mean keep track of how many times you forgive someone so you can quit after 490. It means that God wants you to continue to forgive.

Now is that always easy? No! But we have God helping us if we will just ask Him and allow Him to. Remembering that Jesus died for us and continues to forgive us over and over can help us to forgive others more than once.

One last important thing before we end in prayer. It is important to forgive everyone, no matter what mean things they say or do. This does NOT mean we have to stay in situations where people keep hurting us. If a friend continues to be mean, you do not have to spend time with them. Continue to pray that they would repent to God and turn away from their sins, but you do not have to let yourself continue to be hurt. This is especially important if someone is physically hurting you or bullying you in any way. If someone is hurting you or making you uncomfortable, TELL A GROWN UP YOU TRUST. If you want, you can talk to me, pastor, or your parents. We all love you very much and want to protect you from getting hurt. Let us know if there is any way we can help you in an unsafe, uncomfortable, or scary situation.

Reference [Lord's Prayer Lesson #8 - Forgive Our Sins - Ministry To Children](#)