

Living the Christ-Life: Personal Disciplines - Praying

Matthew 6:5-13 Date: July 5, 2015

You have been hurt by someone.

- You need to forgive them for you.
 - It has been said that holding a grudge is like letting someone live rent-free in your head.
- You need to forgive them for them.
- You need to forgive them for others.
- How do I know if I have forgiven them?
 - “When we strive against all thoughts of revenge; when we will not do our enemies mischief, but wish well to them, grieve at their calamities, pray for them, seek reconciliation with them, and show ourselves ready on all occasions to relieve them.” (Thomas Watson [1620-1686], *Body of Divinity*, p. 581)
 - “We are not bound to trust an enemy; but we are bound to forgive him.” (*Body of Divinity*, p. 581)

You have hurt someone.

- You need to learn to apologize.
- They need to have you apologize.
- Others need to see how to apologize.
 - *The Five Languages of Apology: How to Find Healing in All Your Relationships* (Gary Chapman)

You have hurt God, and He has chosen to forgive you.

- God extends forgiveness to you because He loves you, Romans 5:8. NO ONE has ever been forgiven by God because they deserved forgiveness. EVERY act of forgiveness is an act of grace.
- God expects you to forgive like He has forgiven you, Matthew 6:14-15. Because of the grace God has extended to you and me, He has every right to expect, even demand, that you and I forgive those who hurt us.

- We have never been hurt as deeply as we have hurt God.

- We have never been as undeserving of being hurt as God is.

- We have never been asked to forgive at as high a cost as He has.

- God forgives you like you forgive those who are indebted to you, Matthew 6:12b.

Realities about Forgiveness:

1. Forgiveness is an act of the will, not an act of emotion, Matthew 18:21-22.
 - We choose to forgive others when we remember how God has forgiven us.
 - We choose to remember that we have forgiven others when we remember what others have done to us.
2. Forgiveness is a response to God, not a response to people, Colossians 3:12-14.
 - Our forgiveness is an indication of our understanding of the forgiveness we have received.
 - Our forgiveness is an expression of our love for God and His love in us.

Additional Resources: *A Tramp for the Lord*, Corrie ten Boom; *Through Gates of Splendor* by Elisabeth Elliot; *End of the Spear* film