

*The process of concluding resentment, indignation or anger as a result of a perceived offense, difference or mistake, and/or ceasing to demand punishment or restitution.* Wikipedia

*To grant free pardon and to give up all claim on account of an offense or debt.* Oxford English Dictionary

*Forgive us our debts, as we also have forgiven our debtors.* Matthew 6:12

### FORGIVENESS AFFECTS US

PHYSICALLY  
MENTALLY  
EMOTIONALLY  
RELATIONALLY  
SPIRITUALLY

### A NEW PATH OF FORGIVENESS

“You have heard that it was said, ‘Eye for eye, and tooth for tooth,’<sup>39</sup> But I tell you, Do not resist an evil person. If someone strikes you on the right cheek, turn to him the other also.<sup>40</sup> And if someone wants to sue you and take your tunic, let him have your cloak as well.<sup>41</sup> If someone forces you to go one mile, go with him two miles.<sup>42</sup> Give to the one who asks you, and do not turn away from the one who wants to borrow from you.” Matthew 5:38-42

### FORGIVENESS IS...

... cancelling a debt you have the right to demand  
... an issue of obedience  
... central to a happy and healthy life  
... a choice NOT to return contempt for contempt  
... often enduring an unpleasant journey  
... meant to become a pattern for living  
... one of the greatest pieces of evidence that your own salvation is real

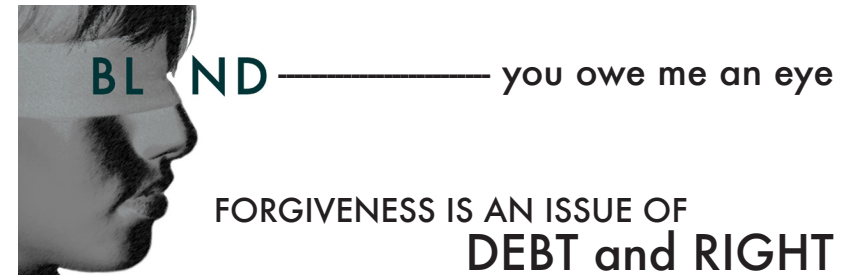
### NEXT STEPS

*for further study*

**Forgive and Forget** -- Lewis Smedes

**The Gift of Forgiveness** -- Charles Stanley

January 29/30, 2011



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