

## MY NEXT STEP TODAY IS:

- I will memorize **Matthew 6:14-15 (NLT)**
- I will forgive as I have been forgiven
- I will immediately engage in resources as needed to improve my ability to forgive
- I will accept Christ for the first time
- I will join the New Life church family
- I will sign up for the next baptism

Please join us next week as we continue our sermon series:

### **The Power of Forgiveness**

Join us on our **Prayer Line** by calling (712)832-7030. Enter access code, 1919#. The prayer line is **open daily from 6am-7am CST.**

Please scan the QR codes below to access the connection card and giving link:



Connection Card



Giving Code

# The Power of Forgiveness

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*Unforgiveness is a poison that hardens the heart, imprisons the mind, and pollutes the spirit.*

## WHAT FORGIVENESS IS

Forgiveness is the voluntary internal process of \_\_\_\_\_ of feelings and thoughts of resentment, bitterness, anger, and the need for retaliation and punishment toward someone for an offense, fault, or failing to meet an expectation. Forgiveness is like amnesty. It is freeing a person from guilt and its consequences.

## WHAT FORGIVENESS IS NOT

Forgiveness is not \_\_\_\_\_, pardoning, condoning, or \_\_\_\_\_ an offense or \_\_\_\_\_ about it. It is also not the same as reconciliation although that can occur as part of the forgiveness process. Tolerating a situation or any form of denial and suppression of emotions that create more stress are also not effective forms of coping and forgiving. Interpersonal forgiveness is not always possible. Conditional forgiveness is not real forgiveness because true forgiveness is a service to oneself.

## 1. BENEFITS OF FORGIVENESS

### a. FORGIVENESS \_\_\_\_\_ POOR PHYSICAL HEALTH

There is a tremendous physical consequence to unforgiveness. Chronic anger negatively affects our heart rate, blood pressure and immune response. Those changes, then, increase the risk of depression, heart disease and diabetes. *Forgiveness, however, calms stress levels, leading to improved health.*

*"Work at living in peace with **everyone**, and work at living a holy life, for those who are not holy will not see the Lord. Look after each other so that none of you fails to receive the grace of God. Watch out that no **poisonous** root of bitterness grows up to trouble you, corrupting many."*  
**Hebrews 12:14-15 (NLT)**

### b. FORGIVENESS \_\_\_\_\_ BITTERNESS AND EMOTIONAL UNWELLNESS

Causes of bitterness:

- disappointment
- neglect
- being overlooked
- mistreatment
- inadequacy
- accidents
- disease
- loss
- parent
- spouse
- siblings
- supervisors
- coaches
- self
- church
- God

Examples of bitter behavior:

- sharp
- resentful
- cynical
- intense
- relentless
- cold
- harsh
- stressful
- distasteful
- unpleasant

### c. FORGIVENESS \_\_\_\_\_ OUR OWN FORGIVENESS

*"There will be no mercy for those who have not shown mercy to others. But if you have been merciful, God will be merciful when he judges you."* **James 2:13 (NLT)**

## 2. PROCESS OF FORGIVENESS

A PERSON MUST BE \_\_\_\_\_, \_\_\_\_\_, AND \_\_\_\_\_ TO THE FRUIT OF FORGIVENESS.

FORGIVENESS IS A \_\_\_\_\_, NOT A DESTINATION.

- FORGIVENESS REQUIRES A \_\_\_\_\_ IN OUR \_\_\_\_\_.
- FORGIVENESS REQUIRES A \_\_\_\_\_ OF OUR \_\_\_\_\_.
- FORGIVENESS IS \_\_\_\_\_ BY OUR \_\_\_\_\_.

### MEMORY VERSE:

*"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 (NLT)**

## 3. RESOURCES FOR FORGIVENESS

- Read \_\_\_\_\_ on Forgiveness
- Read \_\_\_\_\_ on Forgiveness
- Listen to \_\_\_\_\_ on Forgiveness
- Participate in Community Lifeline \_\_\_\_\_
- Seek \_\_\_\_\_

**I WILL \_\_\_\_\_ OTHERS AS GOD HAS FORGIVEN ME.**