



**LEVEL 02**  
**BOOK 05**



# **FORGIVENESS**



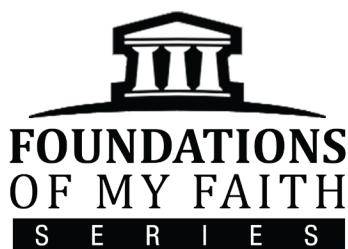


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# **FORGIVENESS**

## **How to use this curriculum**



**LOOK UP** these verses in your Bible.



**KEY VERSES** to the lesson.

It is impossible to go through life without being hurt. To be hurt, wronged, or treated unjustly is common. The Biblical response is forgiveness. Understanding God's forgiveness helps us know how we can forgive others. As believers, we must prepare our hearts and minds to offer forgiveness. We should learn to forgive like Christ forgave us.

## Why must I forgive?

### 1. Because I have been forgiven.



*"I write unto you, little children, because your sins are forgiven you for his name's sake."* (I John 2:12)



Psalm 86:5; I John 1:9

Jesus Christ's death on the Cross demonstrates how far God went to forgive. In comparison, there is no offense done to us that we are not able to forgive.

### 2. Because God commands me to forgive.



Ephesians 4:32; Colossians 3:13

# How do I forgive?

 In preparation for this section, read Matthew 18:23-35.

## 1. Make a decision to settle your account.

Like the king, we must make a decision to settle the accounts with those who have hurt us. (Matthew 18:23)

## 2. Realize Jesus Christ settled your account.

 I John 2:2,12; Luke 23:34

The king who forgave the servant of his account expected the servant to likewise forgive others. (Matthew 18:32-33)

When we accept God's forgiveness through Jesus Christ, we are enabled to forgive those who hurt us. Jesus Christ chose to suffer for my sin, so I can choose to forgive those who hurt me.

## 3. Have compassion on the offender, as Christ did when He forgave us.



*"Then the lord of that servant was moved with compassion, and loosed him, and forgave him the debt."*  
(Matthew 18:27)

The king chose to show compassion on the one who owed him a large debt. Likewise, we should have compassion on those who hurt us or sin against us.

#### 4. Release the offender from all wrong.

 Matthew 18:27

The Lord of the servant released him from a debt he could not repay. (The debt was millions of dollars.) In the same fashion, we are to release those who have sinned against us or hurt us. True forgiveness will result in no longer having negative feelings against our offender.

### Further understanding of forgiveness

#### 1. Remember that justice is God's business.

 Romans 12:17,19

We should never attempt to pay back the wrong done to us when God clearly says He will repay.

#### 2. Forgiveness is an act of the will.



*"For I will be merciful to their unrighteousness, and their sins and their iniquities will I remember no more."*  
(Hebrews 8:12)

God made a conscious decision to be merciful to our sins. Likewise, we should will ourselves to forgive those who have wronged us. We can decide to forgive even when we do not feel like we can forgive. Obedience will produce the right feelings.

### 3. Pray for those who hurt you.



*“. . . and pray for them which despitefully use you, and persecute you;” (Matthew 5:44)*



Luke 23:34

Praying for those who hurt you will change your heart.

## The results of not forgiving

### 1. We will become bitter.



*“Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled;” (Hebrews 12:15)*

When we are sinned against or offended, it is important that we quickly forgive the offender. When someone sins against us, we will either forgive or become bitter.

### 2. We will be tormented.



Matthew 18:33-35

Tormentors were like modern-day debt collectors; they were relentless. They followed and tormented those who owed a debt until it was paid.

When we refuse to forgive, we will be tormented by anger and bitterness.

### 3. We surrender control to the Devil.

 Ephesians 4:26-27

 “Lest Satan should get an advantage of us . . .”  
(II Corinthians 2:11)

If our anger is provoked because someone has sinned against us, we must take care of it before the sun goes down. Failure to do so will allow the Devil to have a place in our life.

## Practical helps on forgiveness

### 1. Forgiveness can be a process.

 Matthew 18:22

Forgiving someone is not always a one-time event, especially if the sin against us is inflicted by a loved one or someone we trusted. Each time the emotional pain resurfaces, we are to forgive again.

### 2. Forgiving does not mean you will forget the offense.

 Matthew 18:27; Romans 13:10

An all-knowing God does not forget; He chooses not to remember. (Jeremiah 31:34)

### 3. Rebuilding a relationship is not a condition of forgiveness.



Matthew 18:27; Romans 12:18

Trust and reconciliation in a relationship can be lost through someone's sin against us. If the relationship is never rebuilt, forgiveness is still required.

### 4. The evidences that you have forgiven from the heart are:

- a. You don't remind the offender of his offense.
- b. You don't discuss the offense with others.
- c. You refuse to think about the offense in your mind.



Romans 13:10; Philippians 4:8; II Corinthians 10:5

## Lesson 5 Quiz

1. List two reasons why we must forgive others.

\_\_\_\_\_ . Verse \_\_\_\_\_

\_\_\_\_\_ . Verse \_\_\_\_\_

2. How do you forgive someone?

Make a \_\_\_\_\_ to settle your account.

Verse \_\_\_\_\_

Realize \_\_\_\_\_ settled your account.

Verse \_\_\_\_\_

Have \_\_\_\_\_ on the offender as Christ did when He forgave you. Verse \_\_\_\_\_

Release the \_\_\_\_\_ from all wrong.

Verse \_\_\_\_\_

3. Who are the three main characters in Matthew 18:23-35?

K\_\_\_\_\_

S\_\_\_\_\_

F\_\_\_\_\_ servant

4. What verses teach us that justice is God's business?

\_\_\_\_\_

5. What verse teaches us to pray for those who hurt us?\_\_\_\_\_

6. List three results of not forgiving.

\_\_\_\_\_. Verse \_\_\_\_\_

\_\_\_\_\_. Verse \_\_\_\_\_

\_\_\_\_\_ . Verse \_\_\_\_\_

7. Forgiveness can be a process. (True or False)

List a verse to confirm your answer. \_\_\_\_\_

8. You can forgive without forgetting the offense. (True or False)

9. What are three evidences you have forgiven from  
your heart?

You don't \_\_\_\_\_ the offender of his offense.

You don't \_\_\_\_\_ the offense with others.

You refuse to \_\_\_\_\_ about the offense in  
your mind.

## Memory Verses

(Choose at least two Scripture verses to memorize from the following list.)

Colossians 3:13

Ephesians 4:32

Psalm 86:5

Matthew 18:35

# FORGIVENESS

The Foundation of My Faith series is designed to equip Christians with the knowledge of God and His Word. Through simple and Biblical studies, this program provides an opportunity in which a mature Christian can help another Christian grow in God's grace. Both the disciple and the discipler will be spiritually strengthened, and a firm foundation of faith will be established.

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