



TODAY'S MESSAGE

THE FREEDOM OF

LETTING GO

EPHESIANS 4:25-32

Therefore, each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. In your anger do not sin; Do not let the sun go down while you are still angry, and do not give the devil a foothold. He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need. Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as God in Christ forgave you.

EPHESIANS 4:25-32

Forgiveness is NOT:

1. A feeling
2. The same as trust
3. Healing everything in a moment
4. Forgetting
5. Excusing/condoning the offense
6. Tolerating the bad/harmful behavior

Unforgiveness causes a
physical reaction in your body

Adds stress on your heart
Weakens immune system
Disrupts sleep
Causes chronic illness
Depression and Exhaustion
...just to name a few...

Unforgiveness affects our *spiritual life*:

1. Creates distance from God
2. Stops us from growing in our Christian Walk
3. Can create doubt and distrust in God
4. Can become a spiritual stronghold
5. Steals/robs our peace

The dictionary defines forgiveness as follows:

1. The intentional, voluntary decision to let go of resentment, bitterness, and anger toward someone who has harmed or wronged you
2. The intentional act of letting go of a debt or releasing someone from the penalty or resentment they owe for an offense.

Forgiveness is a command

Forgiveness is a choice

Forgiveness is a release

Freedom's where
forgiveness is

MATTHEW 6:9-15

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. For thine is the kingdom, and the power and the glory forever. For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. Amen.