**The Big Idea!**

**As a follower of Jesus, I must release the pain and resentment I hold onto, choosing to forgive as Christ forgave me, and embrace the freedom that only forgiveness can bring.**

1. **The Foundation of Forgiveness**

"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you" – Ephesians 4:32 (ESV)

*"Father, forgive them, for they do not know what they are doing"* **– Luke 23:34 (NIV)**

1. **The Facets of Forgiveness**

"Lord, how often should I forgive someone who sins against me? Seven times?" And Jesus replied, "Not seven times, but seventy times seven." – Matthew 18:21-22 (ESV)

1. **Freedom Through Forgiveness**

*"For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses"* **– Matthew 6:14-15 (ESV)**

1. **Fostering Forgiveness**

# **How to Nurture Forgiveness:**

* 1. **Cultivate an Attitude of Grace**

*"Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you"* **– Colossians 3:13 (NIV)**

* 1. **Practice Empathy**
  2. **Rely on God’s Strength**
  3. **Commit to the Process**

**Questions about today’s message or about salvation? Contact Pastor Mike at Pastor@RedemptionRock.net or on his cell phone at 774-209-0182.**

Join us again next Sunday as we continue the series called “**My Pledge to God!**” with the next message called “**I Am Generous!”**