



Letting Go

DISCOVERING THE LOST ART OF **FORGIVING**

32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:32



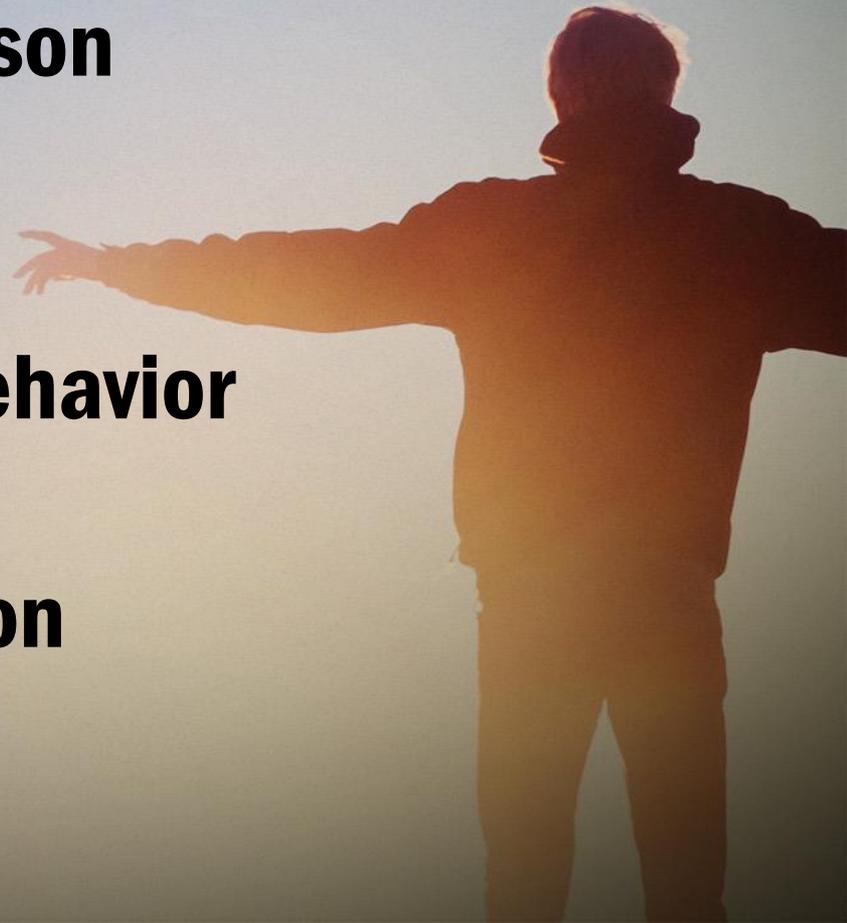
Experiencing forgiveness goes full circle ...

- 1. The forgiveness of God**
- 2. Forgive other people**
- 3. Forgiving ourselves**



The Reality of Not Forgiving Ourselves

- **A Personal Prison**
- **Insecurity**
- **Draining Guilt**
- **Compulsive Behavior**
- **False Humility**
- **Self-Deprivation**



Old Testament Roots of Forgiveness

Praise the LORD, my soul;

all my inmost being, praise his holy name.

² *Praise the LORD, my soul,*

and forget not all his benefits—

³ *who forgives all your sins*

and heals all your diseases,

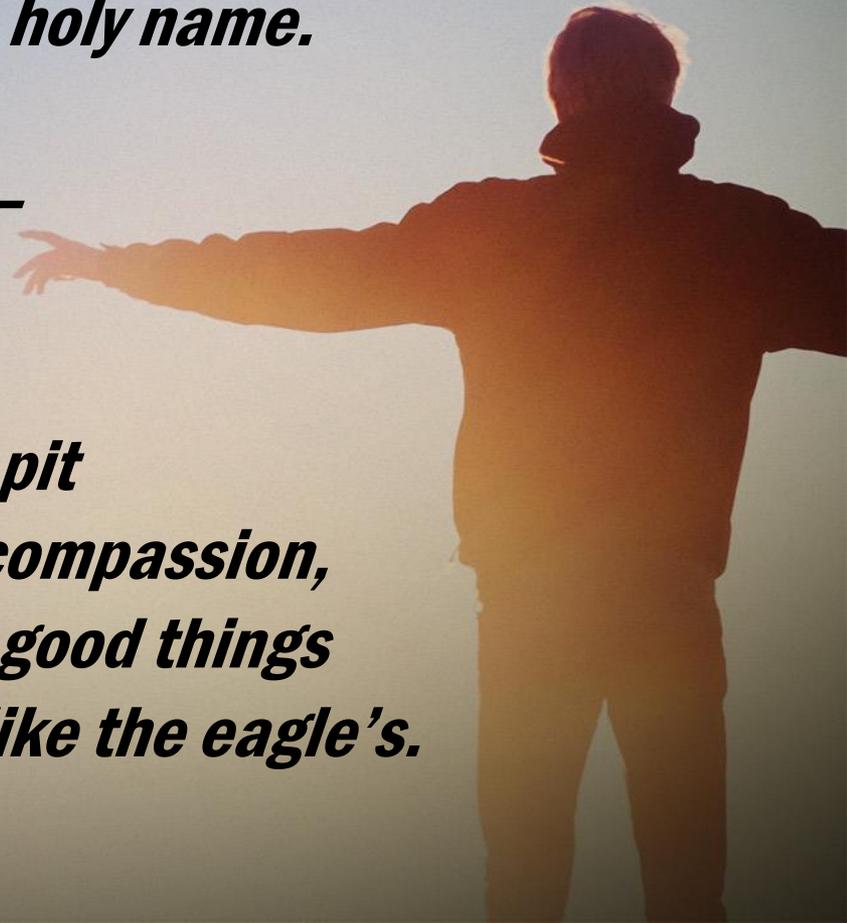
⁴ *who redeems your life from the pit*

and crowns you with love and compassion,

⁵ *who satisfies your desires with good things*

so that your youth is renewed like the eagle's.

Psalm 103:1-5



Old Testament Roots of Forgiveness

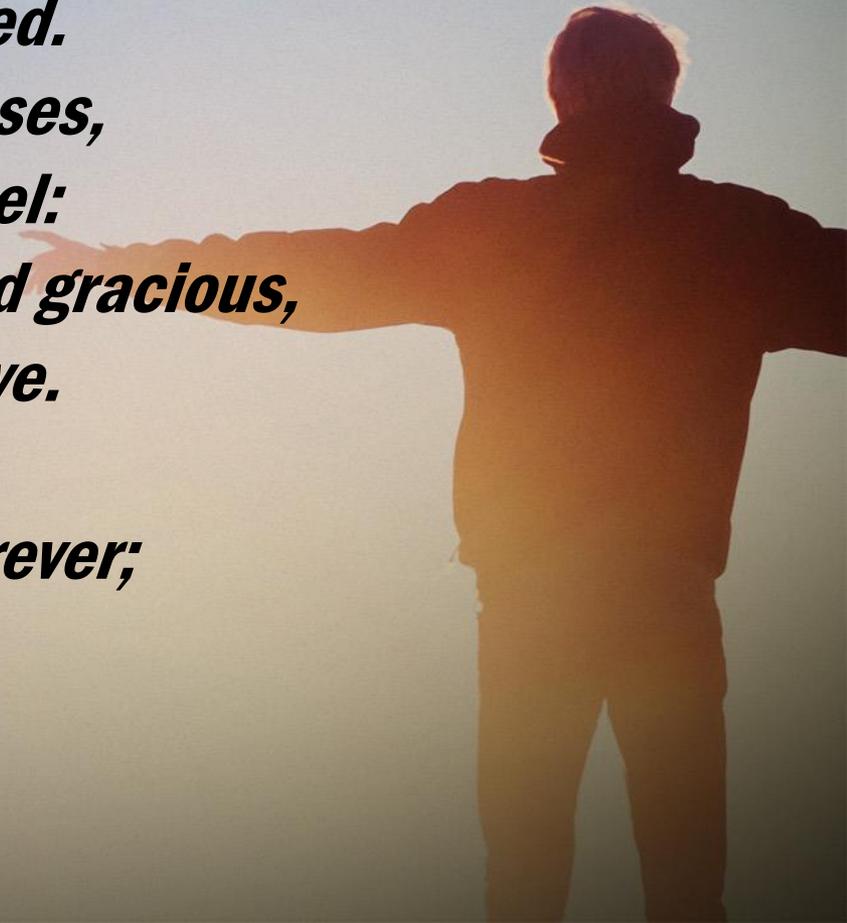
*⁶ The LORD works righteousness
and justice for all the oppressed.*

*⁷ He made known his ways to Moses,
his deeds to the people of Israel:*

*⁸ The LORD is compassionate and gracious,
slow to anger, abounding in love.*

*⁹ He will not always accuse,
nor will he harbor his anger forever;*

Psalm 103:6-9



Old Testament

Roots of Forgiveness

***¹⁰ he does not treat us as our sins deserve
or repay us according to our iniquities.***

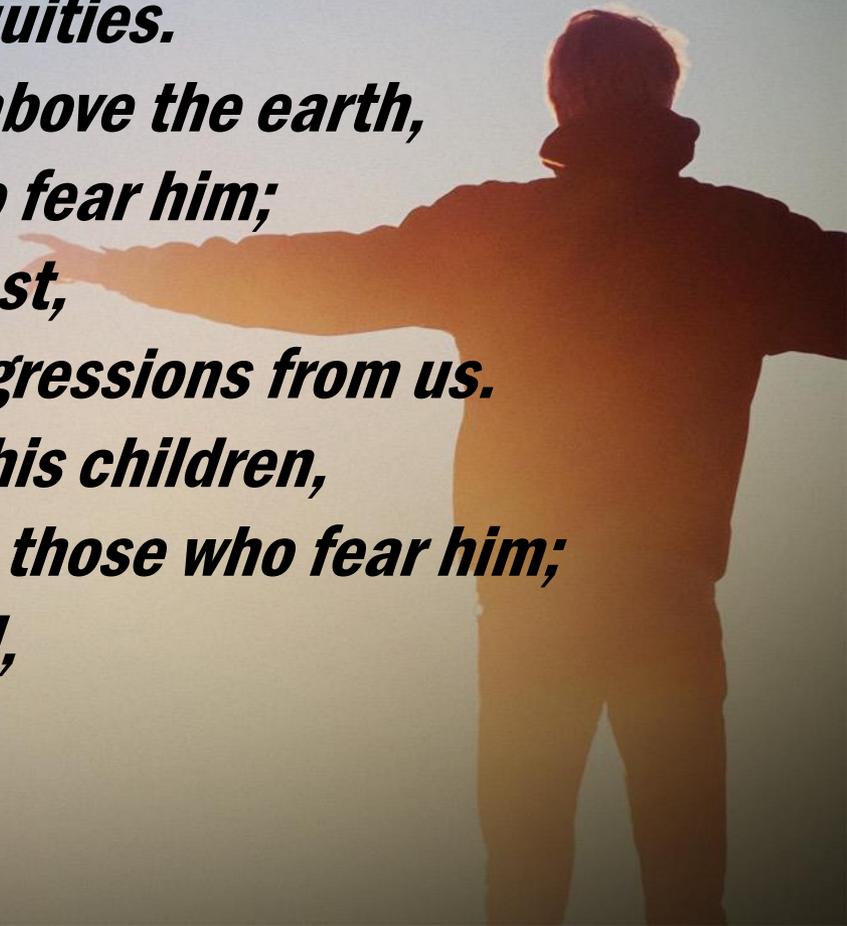
***¹¹ For as high as the heavens are above the earth,
so great is his love for those who fear him;***

***¹² as far as the east is from the west,
so far has he removed our transgressions from us.***

***¹³ As a father has compassion on his children,
so the LORD has compassion on those who fear him;***

***¹⁴ for he knows how we are formed,
he remembers that we are dust.***

Psalm 103: 10-14

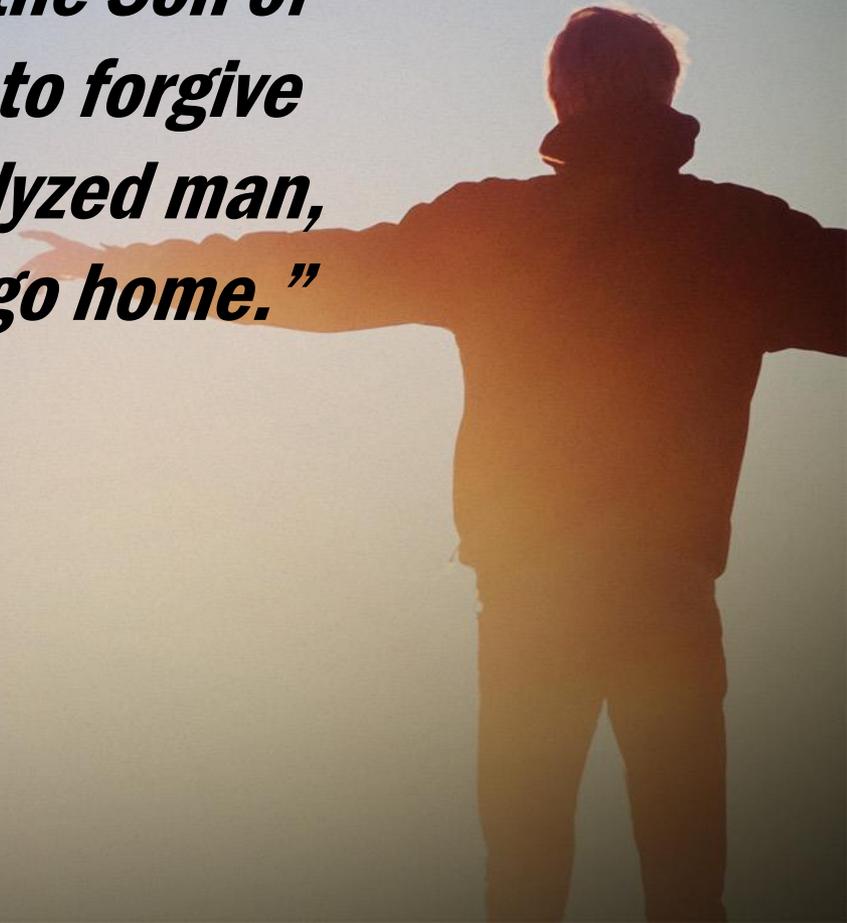


New Testament

Development of Forgiveness

But I want you to know that the Son of Man has authority on earth to forgive sins.” So he said to the paralyzed man, “Get up, take your mat and go home.”

Matthew 9:6

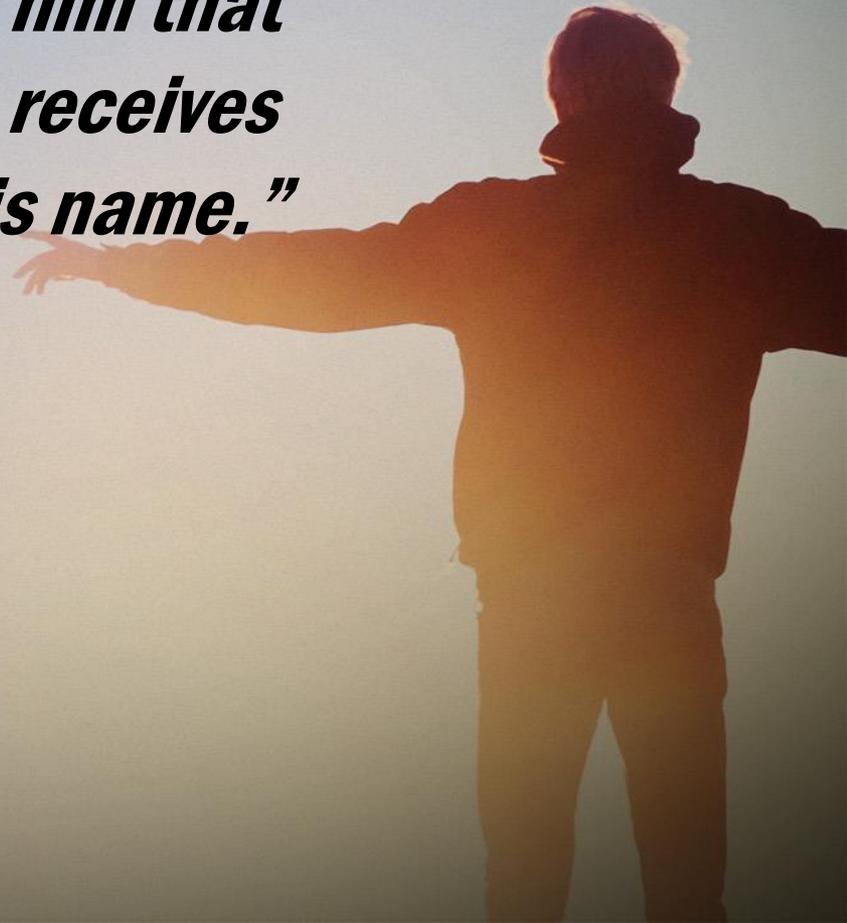


New Testament

Development of Forgiveness

All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name.”

Acts 10:43

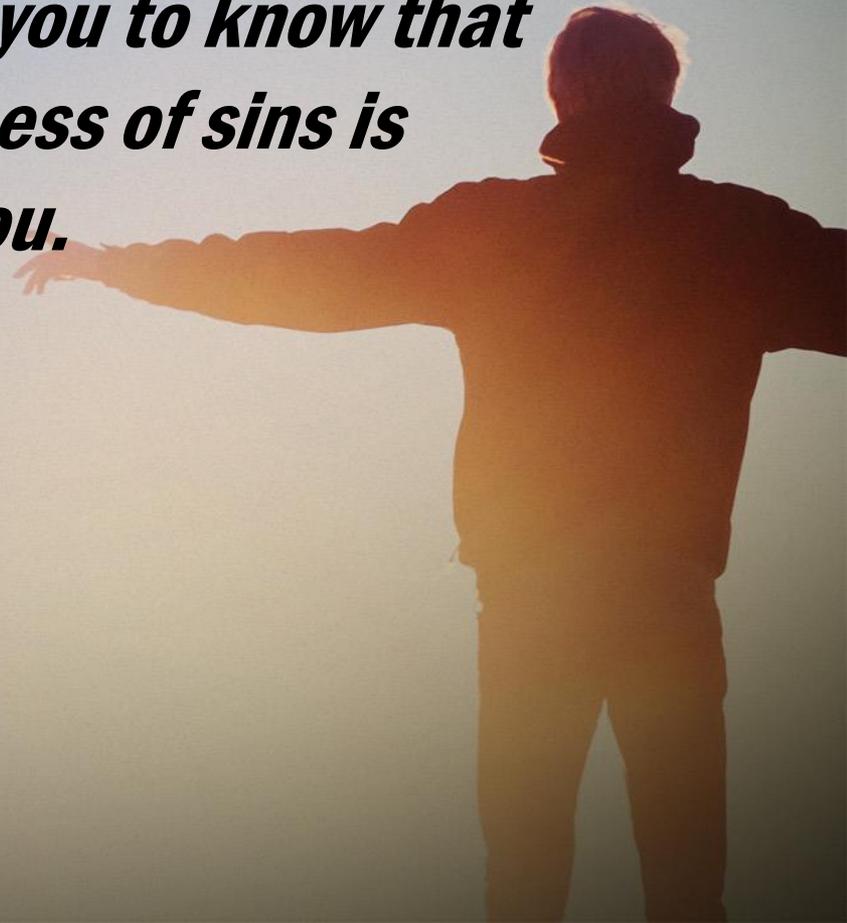


New Testament

Development of Forgiveness

“Therefore, my friends, I want you to know that through Jesus the forgiveness of sins is proclaimed to you.

Acts 13:38

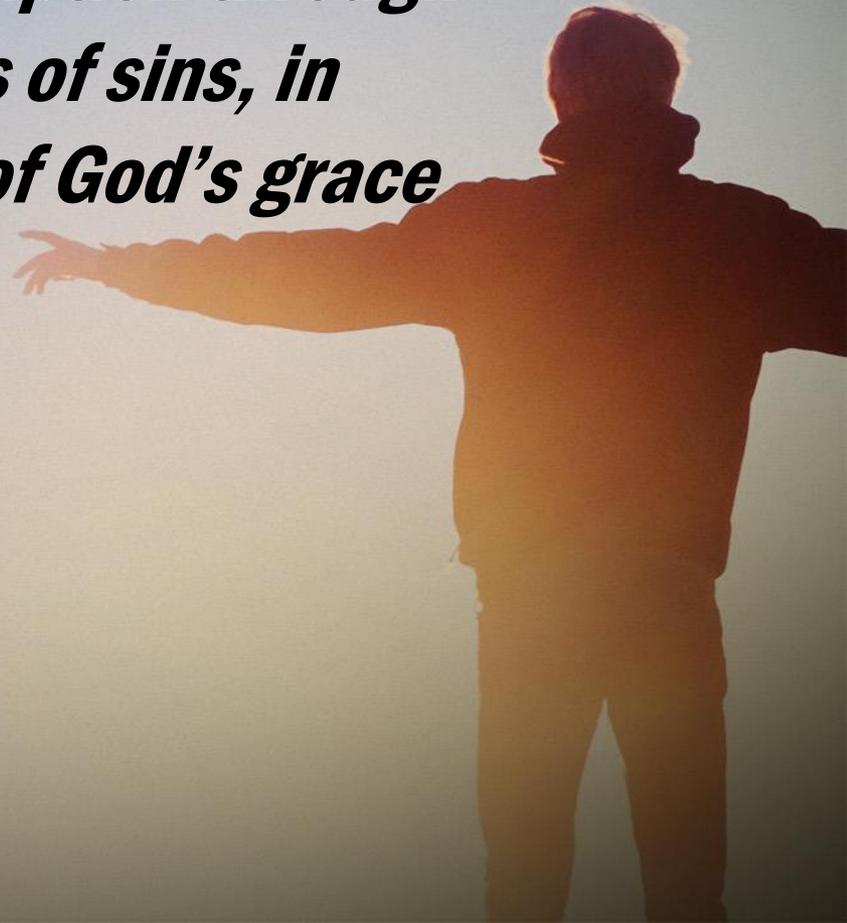


New Testament

Development of Forgiveness

*In him (Christ) we have redemption through
his blood, the forgiveness of sins, in
accordance with the riches of God's grace*

Ephesians 1:7

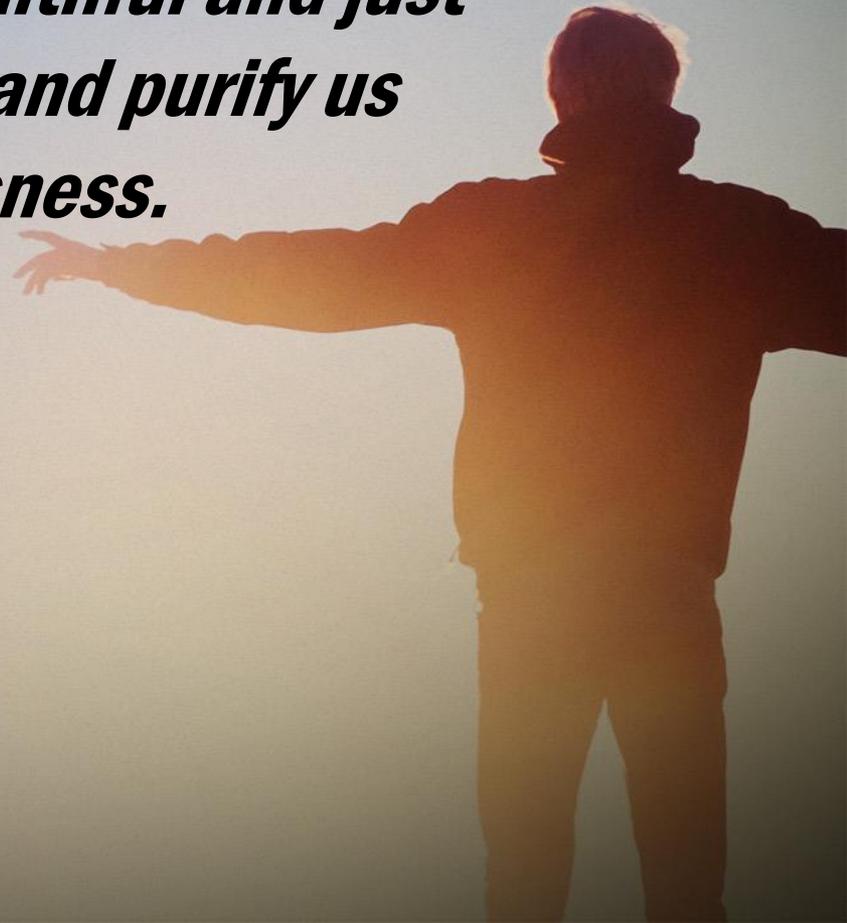


New Testament

Development of Forgiveness

*If we confess our sins, he is faithful and just
and will forgive us our sins and purify us
from all unrighteousness.*

1 John 1:9

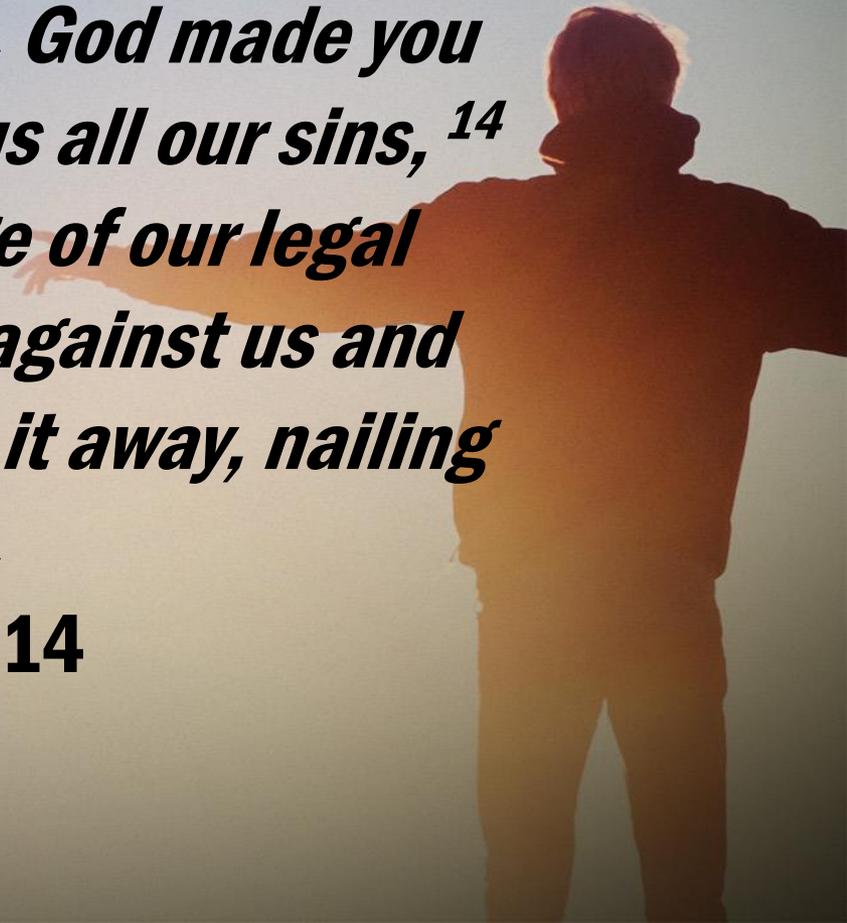


New Testament

Development of Forgiveness

¹³ When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins, ¹⁴ having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross.

Colossians 2:13-14

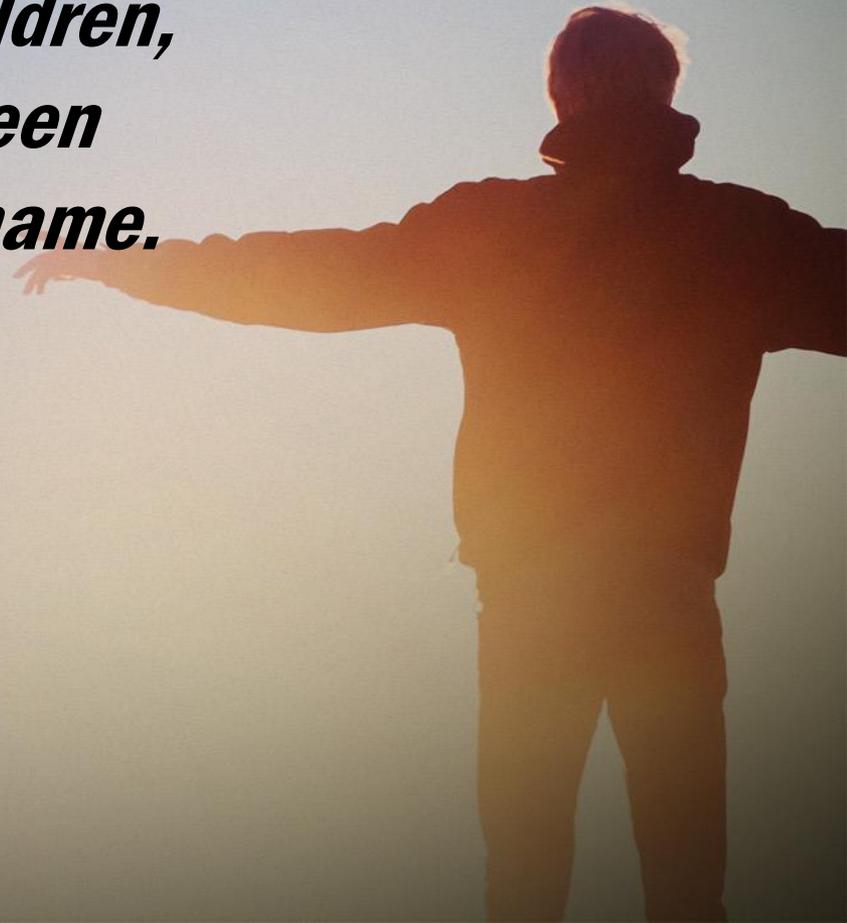


New Testament

Development of Forgiveness

*I am writing to you, dear children,
because your sins have been
forgiven on account of his name.*

1 John 2:12



Three Conclusions

1. Reprogram the thinking

God forgives me of my sin

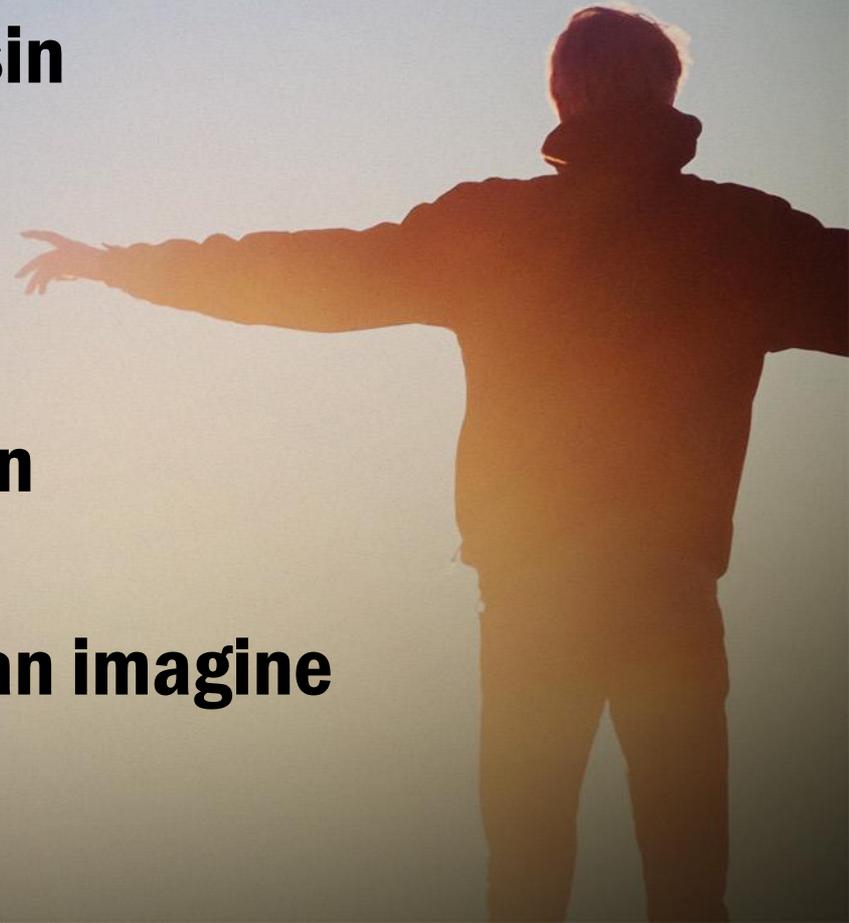
OR

God is a liar

God forgives me of my sin

OR

I am in more trouble than I can imagine



Three Conclusions

2. Call emotions into account

Stop the trash talking

Start the grace talking



Three Conclusions

3. Act like a forgiven saint

**Live with confidence because
of God's greatness**

Live with holiness for God's glory



32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:32





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