

Subj: Exhaling To Freedom

“Now Jacob looked up and saw Esau coming toward him with 400 men. So he divided the children among Leah, Rachel, and the two female slaves. He put the female slaves and their children first, Leah and her children next, and Rachel and Joseph last. He himself went on ahead and bowed to the ground seven times until he approached his brother. But Esau ran to meet him, hugged him, threw his arms around him, and kissed him. Then they wept.” – Genesis 33:1-4

Exhaling To Freedom (**Extending True Forgiveness**): Willingly giving up the right to punish someone, even when they deserve it.

The Bible has much to say about extending true forgiveness. Hosea 3:1-5; Matthew 18:21-35; Luke 15:11-32; Matthew: 5:23-24 & 6:14-15; Luke: 6:37 & 17:3-4; II Corinthians 2:7, 10; Ephesians 4:32; Colossians 3:13. The common thread which weaves all of these verses together originates here:

- 1) The power of **forgiveness** is the only power you have over anyone who hurts you.
- 2) **Forgiveness** is the only response that will keep you from becoming a victim of bitterness.
- 3) The longer you wait to **forgive**, the less likely you are to actually do it.

Verses 1-2: KEY TAKEAWAY - Exhaling To Freedom (**Extending True Forgiveness**) begins when we acknowledge our sin.

Verse 3: KEY TAKEAWAY - Exhaling To Freedom (**Extending True Forgiveness**) is always internal before it's external.

Verse 4: KEY TAKEAWAY - Exhaling To Freedom (**Extending True Forgiveness**) equates to meekness, not weakness.

Practical Application: “I need to forgive _____”. (FILL IN THE BLANK).