



Rock Church
Pastor Travis Gibson

Forgiveness: Part 2
July 23, 2023

This 11-week series explores requested topics around anxiety and depression, forgiveness, the supernatural, and the role of the Holy Spirit. In part 9, Pastor Travis shares what forgiveness is and is not, why we struggle to forgive, and four reasons we should forgive.

In your group, read Matthew 18:23-35, review the statements and questions below, then respond accordingly:

1. Forgiveness is not...

1. Fair. It's not eye for an eye.
2. Easy. You don't just ask for forgiveness and say, "So, we're good?"
3. Excusing. It's okay. Don't worry about it.
4. Forgetting. It's been so long, I'm just going to put it out of my mind.
5. Foregoing. Giving up on the justice that you desire.
6. Just for them. It's for everybody.

2. Forgiveness is...

1. Giving others what Jesus gave you
2. Forsaking my right to hurt you back
3. A gift that can't be earned
4. A promise before it's a feeling

3. Why do I struggle to forgive because...

1. I haven't forgiven myself
2. I minimize my sin while exaggerating others
3. I don't understand what I've been given

4. Four reasons to forgive

1. We forgive because it's a step towards healing (James 5:16, Hebrews 12:14-15)
2. We forgive because Jesus commands it (Luke 17:3-4, Matthew 18:21-22)
3. We forgive because it releases a blessing (Mark 11:24-25, Matthew 5:23-25)
4. We forgive because we've been forgiven (Ephesians 4:31-32, Colossians 3:12-13)

- We all struggle with something, whether it's anger, greed, jealousy, bitterness, lust, darkness and more, but God loves you anyway despite your sin. The life of a Christian means doing what He commands.
 - Discussion: When faced with a decision (to get married, apply for that job, move to that area, have kids, etcetera), how come it is important to understand your WHY in wanting to do so?

- Brokenness, sickness, and bitterness can begin to consume you if you are not able to forgive.
 - Discussion: What kind of excuses do we give because we don't want to forgive someone? (If you knew what they did to me, if you heard what they said to me, etcetera)
- Christians should be the most forgiving people, because we are the most forgiven people! Maybe you need to receive forgiveness for yourself, or maybe you need to forgive someone.
 - Think of someone you need to forgive...let God put that person's name on your heart and mind. Forgiveness comes in different forms. It may not be safe, healthy, or even physically possible in this moment to meet with that person, so instead, write their name down and begin to compose them a letter, or write it to God to release the stronghold it has over you.
 - You can say and/or write this prayer: "God, thank you for forgiving my offenses and my sins. I repent for withholding forgiveness from (this person). Today, I make a decision to forgive them for the pain and hurt they've caused me. I no longer want to carry this wound. I'm giving you the pain and laying it down at the foot of the cross. Jesus, I hand my offender over to you. You are my defender. I pray your blessing over their life. Surround them with your love, your mercy, and your grace. Right now, by the power of the Holy Spirit, I receive new joy, new hope, and new peace that only Jesus offers. Thank you for continually healing my heart, in Jesus' name. Amen."

This Month's Memory Verse – Philippians 4:6-7

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

This Week's Bible Readings & Book Overview Videos

Jeremiah 46-52: <https://bibleproject.com/explore/video/jeremiah/>

Proverbs 20: <https://bibleproject.com/explore/video/proverbs/>

Lamentations 1-5: <https://bibleproject.com/explore/video/lamentations/>

Ezekiel 1-11: <https://bibleproject.com/explore/video/ezekiel/>