

**SERMON  
STUDY  
NOTES**

**Prepared by  
Pastor David Bellows**

# “I Forgive You”

Never have complained.

Never had a word of anger.

Never experienced a fit of rage.

Never talked about someone behind their back.

Never have lost your cool with a three year old.

Never had an instance of gossip.

Never cut anyone else down.

No profanity has ever been spoken by your lips.

Then, this series has not been for you.

Did I mention lying?

Each of us are the product of the words spoken over our lives. You are a product of the words spoken over your life. Words matter...

The Looking Glass Principle

“A person becomes what he or she perceives the most significant people in their life think about them.”

I Forgive You

Colossians 3:13 NLT

Make allowance for each other's faults, and forgive anyone who offends you.

Remember, the Lord forgave you, so **you must forgive** others.

Fredrick Buechner

“Of all sin, resentment appears to be the most fun.”

Matthew 6:9-15 KJV

Our Father which art in heaven, Hallowed be thy name. Thy kingdom come, Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And

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forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

Verses 14-15

For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.

The Enemy of your soul wants you to buy into **revenge**.

2 Corinthians 2:10-11 NIV

Anyone you forgive, I also forgive. And what I have forgiven—if there was anything to forgive—I have forgiven in the sight of Christ for your sake, in order that Satan might not outwit us. For we are not unaware of his schemes.

Unknown

“Not forgiving is like drinking **poison** and waiting for the other person to die.”

William H. Walton

“To carry a grudge is like being **stung** to death by one bee.”

Understand what forgiveness is **NOT**

Forgiveness is not **forgetting**

Forgiveness is not **excusing**

Forgiveness is not the same as **reconciling**

Forgiveness does not **eliminate** consequences

Real **Hurt**

Loving **God**

Courageous **Choice**

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Romans 12:17-20 NLT

Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. Do all that you can to live in peace with everyone. Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the LORD.

Instead, "If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads."

Luke 23:34 NLT

Jesus said, "Father, forgive them, for they don't know what they are doing."

### **Release**

Ephesians 4:31-32 NLT

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Isaiah 44:22 NLT

I have swept away your sins like a cloud. I have scattered your offenses like the morning mist. Oh, return to me, for I have paid the price to set you free."

Psalm 103:12 NLT

He has removed our sins as far from us as the east is from the west.

Isaiah 43:25 NIV

"I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more.

Hebrews 10:17 NLT

"I will never again remember their sins and lawless deeds."

Romans 8:1 NLT

So now there is no condemnation for those who belong to Christ Jesus.

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# **Small Group Study Notes**

**Prepared by  
Small Groups Pastor  
Ray Westman**

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## I FORGIVE YOU

David opened his sermon like this:

Never have complained.

Never had a word of anger.

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Never have lost your cool with a three year old.

Never had an instance of gossip.

Never cut anyone else down.

No profanity has ever been spoken by your lips.

Then, this series has not been for you.

Did I mention lying?

We're all guilty of these things, these sins. Each of us are the product of the words spoken over our lives. You are a product of the words spoken over your life. Words matter...

Discuss this and what David called "The Looking Glass Principle", that a person becomes what he or she perceives the most significant people in their lives think about them.

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Question(s): What do you think of yourself? Can you easily forgive others?

Jesus gave us a model prayer, He gave us an example of how to pray effectively and then He said: For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.

The Enemy of your soul wants you to buy into revenge.

Discuss: Your attempts at forgiving others. Talk about the process from the beginning to end. Does your forgives mean you totally forgive others or are there, most times, reservations about something?

Does forgiveness include forgetting?

In our discussion remember these points David used in his sermon:

“Not forgiving is like drinking poison and waiting for the other person to die.”

William H. Walton

“To carry a grudge is like being stung to death by one bee.”

Understand what forgiveness is NOT

Forgiveness is not forgetting

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Forgiveness is not excusing

Forgiveness is not the same as reconciling

Forgiveness does not eliminate consequences

Real Hurt

Loving God

Courageous Choice

Discuss the following verses:

Romans 12:17-20 NLT

Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. Do all that you can to live in peace with everyone. Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the LORD. Instead, "If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads."

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Ephesians 4:31-32 NLT Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Isaiah 44:22 NLT I have swept away your sins like a cloud. I have scattered your offenses like the morning mist. Oh, return to me, for I have paid the price to set you free.”

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