EMOTE CONTROL – PART 7 – OVERCOMING UNFORGIVENESS



1) JESUS' TEACHING ON FORGIVENESS

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The goal of s	eeking out the p	person who has sinned agains	t you is so that they would
	and you	them back.	
Matthew 18	2:21-22		
Forgiveness	is the	of those who follow Jesu	IS.
THREE ACT F	PARABLE		
ACT ONE – T	he Master's Con	npassion and Forgiveness	(Matthew 18:23-27)
ACT TWO - 1	The Servant's Re	fusal to Extend Forgiveness	(Matthew 18:28-30)
ACT THREE -	- The Servant's P	Punishment	(Matthew 18:31-35)

2) WHY FORGIVENESS IS DIFFICULT

- a) Real, sinful things have been done to us.
- b) We get some short-term relational power in withholding forgiveness.

Adapted from "Five Dark Benefits of Unforgiveness – Paul David Tripp

- i. Debt is Power
- ii. Debt is identity
- iii. Debt is Entitlement
- iv. Debt Weaponry
- v. Debt puts us in God's position
- c) We may never have truly embraced the forgiveness of God for our sins.
- d) We have an emotional barrier.
- e) We grow comfortable with unforgiveness.
- f) We fear the injustice done to us will be minimized.

3)	WHAT	FORGI\	/ENESS	IS NOT
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- a) It does not mean we treat the evil thing done to us as if they were really not that bad.
- b) It does not mean that we cannot get angry over the wrong done to us.
- c) It does not mean that there won't be painful consequences.
- d) It does not mean that forgiveness will look the same if the offender has NOT repented.

4) WHAT FORGIVENESS LOOKS LIKE

- a) Freely letting go of the offense.
- b) Not counting their sin against them.
- c) Actually desiring their best.
- d) Grieving at the consequences of their sin.
- e) Praying for their well being.
- f) Initiating reconciliation and seeking it out.
- g) Coming to their aid if they ask or need it.

51	Δ	LIGNING	OLIB	EMOTIONS	WITH F	ORGIVENESS

a) Realize that the greatest risk of an unforgiving heart is the	of
b) Realize that forgiving others is an indication that we have and it.	God's forgiveness
c) Realize that you can trust in God's sovereignty and	

REFLECT

- Is there anyone I am unwilling to forgive because they really hurt me?
- Why am I not extending unforgiveness to them? Use the points in # 2 to evaluate.
- What emotional barriers have I erected that keep me from forgiving others?
- Do I trust in God's sovereignty and justice so that I am able to freely forgive? If not, why?
- **Today** I will forgive ______.