

unplug!!

To be a Christian means to forgive the inexcusable, because God has forgiven the inexcusable in you. C.S.Lewis
Not to forgive imprisons me in the past and locks out all potential for change. Philip Yancey
The first and often the only person to be healed by forgiveness is the person who does the forgiveness...When we genuinely forgive, we set a prisoner free and then discover that the prisoner we set free was us. Lewis Smedes
We all agree that forgiveness is a beautiful idea until we have to practice it. C.S.Lewis

Plug Into “Forgiveness”



Ephesians 4:31- *Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.*
32- *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*
Colossians 3:12,13- *Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.*



Matthew 6:9- *“This, then, is how you should pray: “Our Father in heaven, hallowed be your name, 10- your kingdom come, your will be done on earth as it is in heaven. 11- Give us today our daily bread. 12- Forgive us our debts, as we also have forgiven our debtors. 13- And lead us not into temptation, but deliver us from the evil one.” 14- For if you forgive men when they sin against you, your heavenly Father will also forgive you. 15- But if you do not forgive men their sins, your Father will not forgive your sins...”*
Mark 11:22- *“Have faith in God,” Jesus answered. 23- “I tell you the truth, if anyone says to this mountain, ‘Go, throw yourself into the sea,’ and does not doubt in his heart but believes that what he says will happen, it will be done for him. 24- “Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. 25- “And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins. 26- “But if you do not forgive, neither will your Father who is in heaven forgive your sins.”*



2 Corinthians 2:5- *If anyone has caused grief, he has not so much grieved me as he has grieved all of you, to some extent—not to put it too severely.*
6- *The punishment inflicted on him by the majority is sufficient for him.*
7- *Now instead, you ought to forgive and comfort him, so that he will not be overwhelmed by excessive sorrow.*
8- *I urge you, therefore, to reaffirm your love for him.*
9- *The reason I wrote you was to see if you would stand the test and be obedient in everything.*
10- *If you forgive anyone, I also forgive him. And what I have forgiven—if there was anything to forgive—I have forgiven in the sight of Christ for your sake,*
11- *in order that Satan might not outwit us. For we are not unaware of his schemes.*
Ephesians 4:26- *“In your anger do not sin”: Do not let the sun go down while you are still angry,*
27- *and do not give the devil a foothold.*

Forgive and Forget by Lewis Smedes
Harper/Collins Press

(Dr. Lewis Smedes was a Professor at Fuller Theological Seminary for 25 years. After his retirement, he pastored in several congregations. He authored fifteen books in his lifetime. He passed away in 2002.)

Some helpful excerpts:

“Forgiveness is God’s invention for coming to terms with a world in which, despite their best intentions, people are unfair to each other and hurt each other deeply. He began by forgiving us. And he invites us all to forgive each other.” Pgs. XI, XII
“Forgiving seems unnatural. Our sense of fairness tells us people should pay for the wrong they do. But forgiving is love’s power to break nature’s rule.” Pg. XII

Four Stages of Forgiving

“The first stage is hurt: When somebody causes you pain so deep and unfair that you cannot forget it, you are pushed into the first stage of the crisis of forgiving.” Pg.2

“The hurt that creates a crisis of forgiving has three dimensions. It is always personal, unfair and deep. When you feel this kind of three dimensional pain, you have a wound that can be healed only by forgiving those who wounded you.” Pg. 5

“The second stage is hate: You cannot shake the memory of how much you were hurt, and you cannot wish your enemy well. You sometimes want the person who hurt you to suffer as you are suffering.” Pg. 2

“Hate eventually needs healing. Passive or aggressive, hate is a malignancy; it is dangerous - deadly if allowed to run its course. Nothing good comes from a hate that has a person in its sights; and it surely hurts the hater more than it hurts the hated.” Pg. 21

“The third stage is healing: ...to see the person who hurt you in a new light. Your memory is healed, you turn back the flow of pain and are free again.” Pg. 2

“If you cannot release people from their wrongs and see them as the needy people they are, you enslave yourself to the past, you let your hate become your future. You can revise your future only by releasing other people from their pasts.” Pg. 29

“The fourth stage is coming together: You invite the person who hurt you back into your life; if he or she comes honestly, love can move you both toward a new and healed relationship. The fourth stage depends on the person you forgive as much as it depends on you; sometimes he doesn’t come back and you have to be healed alone.” Pg. 2

“We cannot breathe back all the old life; we forgive and reunite on the terms that time and circumstance make available to us.” Pg. 36

“We heal the wounds of our painful pasts, but the healing is limited by things that have happened to us during the time since the falling out began. We make our new beginnings, not where we used to be or where we wish we could be, but only where we are and with what we have at hand.” Pg. 37

Other helpful topics covered in Forgive and Forget include:

“Some Nice Things Forgiving Is Not”
“Forgiving People Who Are Hard To Forgive”
“How People Forgive”
“Why Forgive?”