



BREAKTHROUGHS

FINDING FREEDOM AND TRUE
FULFILLMENT IN JESUS

LESSON 10
FORGIVING OTHERS



What Does Scripture Say?

MATTHEW 6:12-14

' And forgive us our debts, as we also have forgiven our debtors. And do not bring us into temptation, but deliver us from the evil one. "For if you forgive others their offenses, your heavenly Father will forgive you as well. '

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MARK 11:24

'And whenever you stand praying, if you have anything against anyone, forgive him, so that your Father in heaven will also forgive you your wrongdoing." '

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LUKE 6:37-38

' "Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. Give, and it will be given to you; a good measure — pressed down, shaken together, and running over — will be poured into your lap. For with the measure you use, it will be measured back to you." '

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JOHN 20:23

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EPHESIANS 4:31-32

'Let all bitterness, anger and wrath, shouting and slander be removed from you, along with all malice. And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.'

WHAT IS FORGIVENESS?

TO GIVE UP
RESENTMENT

TO GIVE UP
RETALIATION

GRANT RELIEF
FROM PAIN

WIPE THE
SLATE CLEAN

AN ACT OF
WILL: CHOICE

FREEDOM



EMBRACING
TRUTH

WE HAVE BEEN WOUNDED
BY ANOTHER AND THEN
RELEASING THAT WOUND
INTO THE HANDS OF GOD

GIFT OF GRACE

OFFERING THE GIFT OF
GRACE FOR SOMETHING
INEXCUSABLE LIKE YOU
EXPERIENCED WHEN CHRIST
OFFERED HIS GIFT OF GRACE
TO YOU

- RELEASED FROM THE PAIN OF THE PAST AND ITS INFLUENCE
- RELEASED FROM THE POWER OF THE OFFENDER

WHAT FORGIVENESS ISN'T

FORGETTING

IGNORING
THE HURT

ABSOLVING THE
PERSON OF
WHAT THEY DID

BECOMING A
DOORMAT TO
BE HURT
AGAIN

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WHY IS FORGIVENESS DIFFICULT



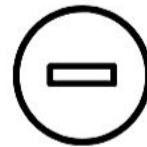
IT'S NOT FAIR



**THEY ARE NOT
SORRY FOR WHAT
THEY DID**



**THEY DON'T
DESERVE IT**



**I WANT THEM TO
HURT AS MUCH AS
THEY HURT ME. I
WANT TO PUNISH
THEM!**



**I AM ENTITLED TO
MY FEELINGS! YOU
HAVE NO IDEA
WHAT I HAVE BEEN
THROUGH!**



**I FEEL SO
UNFORGIVEN
MYSELF**

HEALING IS A CHOICE

YOU CANNOT FORCE SOMEONE TO
FORGIVE YOU & A PERSON CANNOT
FORCE YOU TO FORGIVE THEM.

IT IS CO-CREATED

WITHHOLDING FORGIVENESS

RESENTMENT
BITTERNESS
ANGER
REVENGE
SEPARATION
UNHAPPINESS
SIN
DARKNESS
BONDAGE
HARD-HEARTED
REACTIVE

EXTENDING FORGIVENESS

SALVATION
LOVE
JOY
PEACE
RESTORATION
RECONCILIATION
HEALING
LIGHT
FREEDOM
TENDER-HEARTEDNESS
REST

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THE TRASH PILE

When you forgive, you in no way
change the past - but you sure do
change the future.

- Bernard Meltzer

WITHHOLDING FORGIVENESS

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