

GETTING OVER IT

Learning to forgive.

Definition: Offended

• **Resentful or annoyed**, typically as a result of a perceived or experienced insult or injury.

Three causes for resentment:

● What people say about me.

"You have no troubles, yet you make fun of me; you hit a man who is about to fall." Job 12:5

● What people think about me.

"You think you are better than I am, and regard my troubles as proof of my guilt." Job 19:5

● What people do to me.

"... those I love most have turned against me." Job 19:19

The Good News is:

● Healing is available for the hurting.

3 He heals the brokenhearted and bandages their wounds. Psalms 147:3 (NLT)

26 My flesh and my heart may fail, but God is the strength of my heart and my portion forever. Psalms 73:26 (ESV)

● When we choose to hold onto the hurt, it prevents us from healing.

● Our objective is to let go of the offense and hold on to God.

¹ Jesus said to his disciples: "Things that cause people to stumble are bound to come..." ³ So watch yourselves.

"If your brother or sister sins against you, rebuke them; and if they repent, forgive them." ⁴ Even if they sin against you seven times in a day and seven times come back to you saying 'I repent,' you must forgive them."

⁵ The apostles said to the Lord, "Increase our faith!" Luke 17:1, 3-5 (NIV)

As Christians:

● We are to forgive as we have been forgiven.

¹³ Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

Colossians 3:13 (NLT)

● We can't live in God's forgiveness if we don't give forgiveness.

12 and forgive us our sins, as we have forgiven those who sin against us.... 14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive others their sins, your Father will not forgive your sins. Matthew 6:14-15 (NIV)

⁴³ "You have heard that it was said, 'Love your neighbor and hate your enemy.' ⁴⁴ But I tell you, love your enemies and pray for those who persecute you. Matthew 5:43-44 (NIV)

What forgiveness is not:

● Forgiveness is not forgetting.

● Forgiveness is not fair.

¹⁰ He [God] does not treat us as our sins deserve or repay us according to our iniquities. ¹¹ For as high as the heavens are above the earth, so great is his love for those who fear him; ¹² as far as the east is from the west, so far has he removed our transgressions from us. Ps 103:10-12

What Forgiveness is:

● Forgiveness is giving others what God gave you.

● God forgives us instantly.

● God forgives us completely.

● God forgives us repeatedly.

● God forgives us freely.

⁹ If we confess our sins, he [God] is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9 (NIV)

● The heart of the gospel, and the lives it touches, is forgiveness.

Faith to forgive means:

● Faith enables us to choose freedom when our flesh wants to choose to be offended!

● I trust God to let it go.

● I Believe God has a plan for the pain.

²⁰ You intended to harm me, but God intended it for good... Genesis 50:20



TO CREATIVELY LOVE AND LEAD PEOPLE IN A GROWING RELATIONSHIP WITH JESUS.

Questions for Connection Groups:

These questions also work well for personal time with God.

- What scripture and/or point spoke most to you from the Talk on Sunday? Explain why?
- What was the most difficult point or scripture from the Talk? Why?
- The disciples asked for more faith to forgive. Do you have the faith you need to forgive the big offenses in your life?
- We know that this topic can bring up issues that are difficult to talk about. Don't feel pressured to share more than you feel you can.
- Are you carrying an offense from the past? If yes, how long have you been carrying it?
- Do you believe that healing is available for the hurting? How important is forgiveness in the process of healing?
- Do you know people that refuse to forgive? Do you think they are better off carrying resentment?
- The point was made that forgiveness is giving others what God has given you. Discuss the points that tell us how God forgives us. Do you think it's possible to forgive as God forgives us?
- What does this point mean to you: The heart of the gospel, and the lives it touches, is forgiveness?
- Does your faith enable you to choose freedom over what your flesh wants?
- How does faith allow us to let it go? And what does that mean to "let it go"?
- What does it mean to have faith that God has a plan for our pain? How do we allow faith like that to form in us?

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Our Series:



Today's Talk..

"Faith to Forgive the Big Stuff"

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The Quest Church

Doing life together