

C. Forgive _____, while allowing the emotions time to heal.

QUOTE: “It may take a while for your feelings to catch up with your will. But your will needs to respond to the scriptural mandate to forgive your spouse.”—DENNIS RAINEY

D. _____ in a manner consistent with forgiveness.

EPHESIANS 4:31-32—*Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.*

E. Don't allow _____ hurts to occupy your thoughts.

2 CORINTHIANS 10:5—*Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;*

F. Extend forgiveness _____.

HEBREWS 10:17—*And their sins and iniquities will I remember no more.*

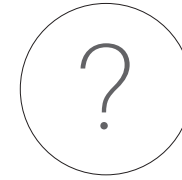
G. _____ for your offender.

MATTHEW 5:44—*But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;*

Why Praying for the One Who has Hurt You Is a Great Challenge

- You take a route utterly against the flesh
- Nobody will ever know you are doing it
- Your heart could break when God answers that prayer and truly blesses them as if they'd never sinned

CONCLUSION: _____



Marriage Myths

His Design | Sunday, December 14 | Week 15



UNFORGIVENESS MYTH

My spouse has hurt me to the point that I cannot forgive him/her

WHY WE BELIEVE IT

Within each of us lie two human motives, which oppose forgiveness. They are *justice*—the need to exact punishment on those who have offended—and *self-preservation*—the tendency to protect ourselves from that which has caused hurt in the past. (Both of these can be exercised **in** forgiveness.)

WHAT THE BIBLE SAYS ABOUT IT

GALATIANS 6:1—*Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted.*

EPHESIANS 4:32—*And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.*

INTRODUCTION: _____

QUOTE: “A good marriage is the union of two forgivers.”—RUTH BELL GRAHAM

1. The _____ of Forgiveness

A. Forgiveness begins with _____.

PSALM 86:5—*For thou, Lord, art good, and ready to forgive; and plenteous in mercy unto all them that call upon thee.*

God's Forgiveness Promises...

- The “east-west” promise
PSALM 103:12—*As far as the east is from the west, so far hath he removed our transgressions from us.*

- The “amnesia” promise
JEREMIAH 31:34—*And they shall teach no more every man his neighbour, and every man his brother, saying, Know the Lord:for they shall all know me, from the least of them unto the greatest of them, saith the Lord: for I will forgive their iniquity, and I will remember their sin no more.*
- The “stain-remover” promise
ISAIAH 1:18—*Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool.*
- The “deep-sea” promise
MICAH 7:19—*He will turn again, he will have compassion upon us; he will subdue our iniquities; and thou wilt cast all their sins into the depths of the sea.*

B. Forgiveness keeps no _____ of wrongs.

MATTHEW 18:21–22—*Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times? Jesus saith unto him, I say not unto thee, Until seven times:but, Until seventy times seven.*

QUOTE: “Forgiveness is not merely a onetime, two-time, or even seven-time decision but a way of life.... Forgiveness is to be habitual, a practice that becomes second nature.”—ED YOUNG, SR.

C. Forgiveness does not seek _____.

1 PETER 2:23—*Who, when he was reviled, reviled not again; when he suffered, he threatened not; but committed himself to him that judgeth righteously:*

QUOTE: “You can tell whether you have forgiven your spouse by asking yourself one question: ‘Have I given up my desire to punish my mate?’”
—DENNIS RAINEY

D. Forgiveness is not _____ or revocable.

LUKE 17:3–4—*Take heed to yourselves:If thy brother trespass against thee, rebuke him; and if he repent, forgive him. And if he trespass against thee seven times in a day, and seven times in a day turn again to thee, saying, I repent; thou shalt forgive him.*

2. The _____ of Forgiveness

A. Forgiving _____ with another what God has already given me.

MATTHEW 10:8—*Heal the sick, cleanse the lepers, raise the dead, cast out devils:freely ye have received, freely give.*

B. Forgiving frees me from the _____ of bitterness.

HEBREWS 12:15—*Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled;*

QUOTE: “Ironically, the very individuals who have wronged us continue to control us when we refuse to forgive them.”—ED YOUNG, SR.

QUOTE: “Bitterness is the poison we swallow, hoping it will harm the one who wronged us.”

QUOTE: “Bitterness destroys the container that holds it.”

QUOTE: “Bitterness only hurts oneself. If you hate, you will give them your heart and mind. Don’t give those things away.”

—NELSON MANDELA

C. Forgiving places me in line for God’s _____.

MATTHEW 5:7—*Blessed are the merciful:for they shall obtain mercy.*

MATTHEW 6:14–15—*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.*

D. Forgiving releases God’s _____ toward me.

MATTHEW 5:11–12—*Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. Rejoice, and be exceeding glad:for great is your reward in heaven:for so persecuted they the prophets which were before you.*

QUOTE: “The greater the hurt, the greater the blessing that will come with forgiveness.”—R. T. KENDALL

QUOTE: “As Christians we have no choice. We forfeit our fellowship with God and blessings here below when we don’t forgive.”—R. T. KENDALL

3. The _____ to Forgiveness

A. Accept the offence as having been _____ by God.

GENESIS 50:20—*But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive.*

B. Make the _____ to forgive.

QUOTE: “Love is a conscious choice to forgive—even if you don’t feel like it! If you wait until you feel like it, you probably never will forgive. You must do it because it is right, because of a choice you have made that is not based on your feelings.”—R. T. KENDALL