

Putting on the Heart of Christ

Put on Christ • Week 2 • March 19, 2019

Scripture's Mandate to **FORGIVE**

Why are you exhausted by bitter memories? Where are your hearts that you've forgotten the counsel of your God who calls you to forgive others in the measure you have been forgiven? Bring to birth the child of forgiveness!

Micah 4:9-10



Peter said to him, "Lord, how often shall my brother sin against me and I forgive him? As many as 7 times? Jesus said to him, "I do not say to you 7 times, but 70 times 7."

Matthew 18: 21-22

O Lord, you are so good, so ready to forgive...so full of unfailing love for all who ask for your help.

Psalms 86:5

Love your enemies. Do good to those who hate you. Bless those who curse you. Pray for those who abuse you...and then you will be children of the most high; for he is kind to the ungrateful and wicked.

Luke 6: 27 -28. 35



Jesus said,

*"Father, **FORGIVE** these people, because they **do not know** what they are doing."*

Luke 23:34

Ten Stations

on the road to

FORGIVENESS

1

Pray for Will POWER to follow through on your intention to forgive, remembering: “To err is human; to forgive, Divine.”

2

Recognize that your anger/hurt/sorrow are normal responses. Express these emotions in a safe setting with a trustworthy listener. Give sorrow words.

3

Realize how holding on to bitterness/resentment/desire for revenge hurts you.

4

Realize it is NOT necessary to Forget in order to Forgive.

5

Avoid judging. That's God's work.

6

Confront the offender in person ONLY if that is what you want/need to do. It is NOT necessary.

7

Let go of the myth that not-forgiving somehow “controls” or punishes the offender.

8

Now it becomes possible to decide to forgive, as sacred Scripture compels us to: 70 x 7.

9

Pray before, during, and after the forgiveness journey.

10

Give thanks that you have “put away all bitterness, wrath, anger...”...that you have been “kind, tender-hearted, forgiving...”
Ephesians 4:31-32