10 REASONS TO FORGIVE & FORGET

1. Unforgiveness stands between you and God.
- We are all sinners before God
    "If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins." (Matthew 6:14-15 NLT)
- If God can forgive us, we can forgive others
    "Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you." (Ephesians 4:32 NLT)

2. Forgiveness is good for you.
- Harboring unforgiveness only creates bitterness.
    "And don't say, "Now I can pay them back for what they've done to me! I'll get even with them!" (Proverbs 24:29 NLT)

3. Forgiveness is for your benefit, not for the person you are forgiving.
    "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)

4. Forgiveness leads to healing.
    "So I will prove to you that the Son of Man has the authority on earth to forgive sins." Then Jesus turned to the paralyzed man and said, "Stand up, pick up your mat, and go home!" (Matthew 9:6 NLT)

5. Forgiveness is a free gift.
    "Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" "No, not seven times," Jesus replied, "but seventy times seven!" (Matthew 18:21-22 NLT)

I'M LETTING IT GO
It's All About *Forgiveness*

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<u>10 REASONS TO FORGIVE & FORGET (continued)</u>

6. Forgiveness leads to purification of the spirit.

"If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness." (1 John 1:8-9 NLT)

- Forgiveness is cleansing
"For everyone has sinned; we all fall short of God's glorious standard."
(Romans 3:23 NLT)

7. Being forgiven is empowering.

"Now, however, it is time to forgive and comfort him. Otherwise he may be overcome by discouragement." (2 Corinthians 2:7 NLT)

8. Jesus died for forgiveness.

"for this is my blood, which confirms the covenant between God and his people. It is poured out as a sacrifice to forgive the sins of many."
(Matthew 26:28 NLT)

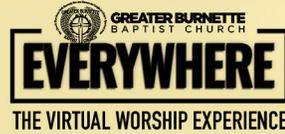**9. An opportunity to forgive is an opportunity to be like Jesus.**

"Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. Do all that you can to live in peace with everyone. Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the Lord. Instead, "If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads." Don't let evil conquer you, but conquer evil by doing good." (Romans 12:17-21 NLT)

"Jesus said, "Father, forgive them, for they don't know what they are doing." And the soldiers gambled for his clothes by throwing dice." (Luke 23:34 NLT)

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10 REASONS TO FORGIVE & FORGET (continued)

9. An opportunity to forgive is an opportunity to be like Jesus. (continued)
- Forgiveness involved attitude and action
  "Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you." (Ephesians 4:31-32 NLT)

10. I am forgiven.
"Where is another God like you, who pardons the guilt of the remnant, overlooking the sins of his special people? You will not stay angry with your people forever, because you delight in showing unfailing love. Once again you will have compassion on us. You will trample our sins under your feet and throw them into the depths of the ocean!" (Micah 7:18-19 NLT)