



*Unraveling the Power and Freedom of
Grace*

WALKING CHRISTIAN ON FORGIVENESS

Part 2 of 4

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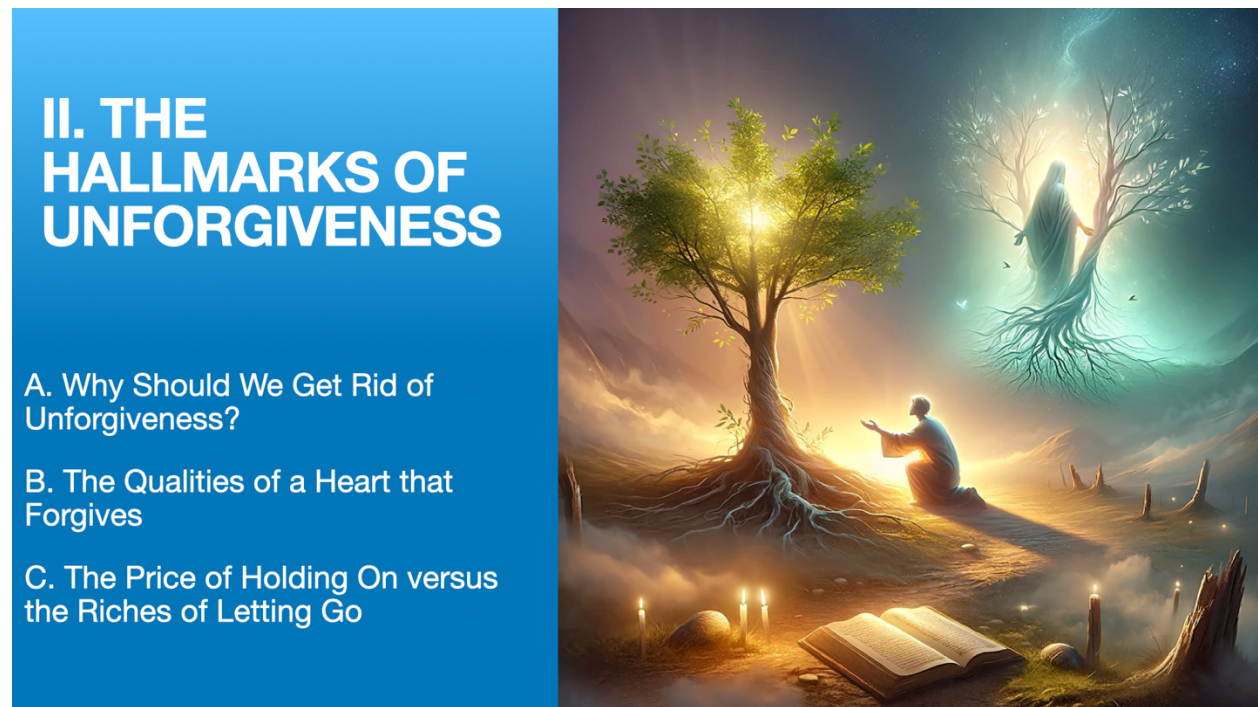


II. THE HALLMARKS OF UNFORGIVENESS

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Walking Christian on Forgiveness / Forgiveness; Grace; God's Mercy; Human Rights

This lesson looks at reasons for being forgiving, the qualities of a forgiving heart, and the price of unforgiving.



"See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many."

[*\(Hebrews 12:15\)*](#)

A. Why Should We Get Rid of Unforgiveness?

"He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy."

[\(Proverbs 28:13\)](#)

THE UNFORGIVING HEART IS ...

- **J**_____—focusing on the past wrongs that the offender committed

THE UNFORGIVING HEART HAS ...

- **C**_____—being intolerant of any present failures of the offender

"Do not judge.... Do not condemn.... Forgive, and you will be forgiven."

[\(Luke 6:37\)](#)

- **M**_____—rehearsing the reasons why the offender does not deserve mercy
- **C**_____—looking down without mercy on the offender

"Judgment without mercy will be shown to anyone who has not been merciful. Mercy triumphs over judgment!"

[\(James 2:13\)](#)

- **R**_____—begrudging the successes of the offender
- **E**_____—coveting the accomplishments of the offender

"Resentment kills a fool, and envy slays the simple."

[\(Job 5:2\)](#)

- **V**_____—rejoicing when the offender experiences failure, difficulty, or hurt
- **R**_____—desiring to get even with the offender

“Do not gloat when your enemy falls; when he stumbles, do not let your heart rejoice.”

[\(Proverbs 24:17\)](#)

- **M**_____—talking to others about the faults of the offender with the intent to hurt
- **S**_____—sharing unnecessary negatives about the offender

“He who conceals his hatred has lying lips, and whoever spreads slander is a fool.”

[\(Proverbs 10:18\)](#)

- **P**_____—elevating self above the offender, who is considered less deserving
- **H**_____—acting with arrogance toward the offender

“Pride goes before destruction, a haughty spirit before a fall.”

[\(Proverbs 16:18\)](#)

- **P**_____—verbally abusive toward the offender
- **B**_____—harboring hostility toward the offender

“Their mouths are full of cursing and bitterness.”

[\(Romans 3:14\)](#)

- **C**_____—and quick to quarrel over personal choices, words, and deeds
- **R**_____—arguing about any advice or constructive criticism regarding the offender

“Do everything without complaining or arguing.”

[*\(Philippians 2:14\)*](#)

- **I**_____—exhibiting little patience while being easily provoked
- **A**_____—feeling easily irritated by the offender

“A man's wisdom gives him patience; it is to his glory to overlook an offense.”

[*\(Proverbs 19:11\)*](#)

- **B**_____—feeling weighed down with unresolved anger
- **N**_____—feeling no joy and no approval concerning the offender

“Each heart knows its own bitterness, and no one else can share its joy.”

[*\(Proverbs 14:10\)*](#)

Because of unforgiveness, the offended person becomes spiritually dry—trying to feel connected with God but lacking spiritual growth. As a direct result of unforgiveness, the offender's prayer life is blocked.

“If you do not forgive men their sins, your Father will not forgive your sins.”

[*\(Matthew 6:15\)*](#)

Question: "How can I forgive someone who has not apologized or shown any kind of repentance?"

Answer:

"Father, forgive them, for they do not know what they are doing."

[\(Luke 23:34\)](#)

Question: "If I forgive those who offend me, I'll be a classic enabler. Why should offenders change if there is no consequence for their offensive behavior?"

Answer:

- *Enablement puts you in a position of being _____ again and again.*
- *Enabling never helps offenders _____, but further ingrains their bad habits. However, one "consequence" to your offenders is that they will not have other opportunities to "use you" or offend you again.*
- *Enablers are classic _____ who do not say no when they should say no. If you say yes to irresponsible people when you should say no, you are saying no to Christ. The apostle Paul said,*

"Am I now trying to win the approval of men, or of God? Or am I trying to please men? If I were still trying to please men, I would not be a servant of Christ."

[\(Galatians 1:10\)](#)

B. What Does the Forgiving Heart Look Like?

“The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.”

[\(Galatians 5:22–23\)](#)

THE FORGIVING HEART IS ...

- **Loving**—not keeping a _____ of the bad things the offender has done

THE FORGIVING HEART HAS ...

- A **loving spirit**, allowing the possibility that the offender can _____

“Above all, love each other deeply, because love covers over a multitude of sins.”

[\(1 Peter 4:8\)](#)

- **Joyous** — taking to heart the goodness of God and His _____ over all events in life, even the painful ones
- A **joyful awareness** that God will use _____ to bring triumph

“I will continue to rejoice, for I know that through ... the help given by the Spirit of Jesus Christ, what has happened to me will turn out for my deliverance.”

[\(Philippians 1:18–19\)](#)

- **Peaceful** — seeking to resolve any difficulty, hurt, or division and wanting the offender to be _____ with God and to be blessed by Him
- A **peaceful demeanor** that lowers the guard of the offender and paves the way for _____

“Peacemakers who sow in peace raise a harvest of righteousness.”

[\(James 3:18\)](#)

- **Patient**—accepting that the offender is not “_____ in cement” and could possibly change
- A **patient commitment** to wait for the right day to deal with _____ and the right time to talk about them

“Love is patient.”

[\(1 Corinthians 13:4\)](#)

- **Kind**—looking for and acting in _____ ways to express kind deeds and to meet needs
- A **kind deed** on behalf of the _____ that is unexpected, unforeseen, and unannounced

“A kind man benefits himself, but a cruel man brings trouble on himself.”

[\(Proverbs 11:17\)](#)

- **Good** — holding to moral principles and purity even in the midst of _____
- A **good heart**, reflecting the highest moral character—the character of _____

“Give an answer.... Do this with gentleness and respect, keeping a clear conscience, so that those who speak maliciously against your good behavior in Christ may be ashamed of their slander.”

[\(1 Peter 3:15–16\)](#)

- **Faithful** — praying that those who have caused such pain might have _____ lives
- A **faithful commitment** to _____ for those who have been hurtful

“Be joyful in hope, patient in affliction, faithful in prayer.”

[\(Romans 12:12\)](#)

- **Gentle** — taking into account the woundedness of the offender and responding to _____ with a calm gentleness
- A **gentle response**, which understands that often “hurt people _____ people”

“A gentle answer turns away wrath, but a harsh word stirs up anger.”

[\(Proverbs 15:1\)](#)

- **Self-controlled** — deciding ahead of time how to respond when _____ arises
- A **controlled response** that is _____ so that, no matter what is said or done, there is a positive attitude toward the offender

“Prepare your minds for action; be self-controlled.”

[\(1 Peter 1:13\)](#)

Question: “How do I know whether I have genuinely forgiven someone?”

Answer:

“Far be it from me that I should sin against the LORD by failing to pray for you. And I will teach you the way that is good and right.”

[\(1 Samuel 12:23\)](#)

C. The High Cost of Unforgiveness versus the High Reward of Forgiveness

“Cast all your anxiety on him because he cares for you.”

[\(1 Peter 5:7\)](#)

UNFORGIVENESS

FORGIVENESS

- **Unforgiveness** _____ the door to salvation and God's forgiveness.
- **Forgiveness** _____ the door to salvation and God's forgiveness.

“If you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.”

[\(Matthew 6:14–15\)](#)

- **Unforgiveness** _____ a root of bitterness to grow.
- **Forgiveness** _____ a root of bitterness from growing.

“See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many.”

[\(Hebrews 12:15\)](#)

- **Unforgiveness** _____ a door to Satan in our lives.
- **Forgiveness** _____ a door to Satan in our lives.

“I have forgiven in the sight of Christ for your sake, in order that Satan might not outwit us. For we are not unaware of his schemes.”

[\(2 Corinthians 2:10–11\)](#)

- **Unforgiveness** causes us to walk in _____.
- **Forgiveness** brings us into the _____.

“Anyone who claims to be in the light but hates his brother is still in the darkness.... Whoever hates his brother is in the darkness and walks around in the darkness; he does not know where he is going, because the darkness has blinded him.”

[\(1 John 2:9-11\)](#)

- **Unforgiveness** is of _____.
- **Forgiveness** is of _____.

“If you harbor bitter envy and selfish ambition in your hearts.... Such ‘wisdom’ does not come down from heaven but is earthly, unspiritual, of the devil.”

[\(James 3:14-15\)](#)

- **Unforgiveness** reflects a _____ heart.
- **Forgiveness** reflects a _____ heart.

“The godless in heart harbor resentment.”

[\(Job 36:13\)](#)

- **Unforgiveness** makes us _____ to sin.
- **Forgiveness** _____ us.

“I see that you are full of bitterness and captive to sin.”

[\(Acts 8:23\)](#)

- **Unforgiveness** _____ *the Spirit of* • **Forgiveness** *is* _____ *by the Spirit of*
God. *God.*

“Do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.”

[\(Ephesians 4:30–31\)](#)