

# STEPS TO SOLUTION



## A. Key Verse to Memorize

Colossians 3:13

## B. Key Passage to Read and Reread

Matthew 18:23–35

## C. Why Should We Forgive?

### GOD'S HEART ON FORGIVENESS

- *God commands* that we \_\_\_\_\_ each other.
- *God wants* us to forgive others because He \_\_\_\_\_ us.
- *God wants* us to see \_\_\_\_\_ as sin.

Ephesians 4:32

Colossians 3:13

James 4:17

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- *God wants* us to get rid of unforgiveness and have a heart of \_\_\_\_\_.  
Matthew 5:7
- *God wants* us to do our part to live in \_\_\_\_\_ with everyone.  
Romans 12:18
- *God wants* us to overcome \_\_\_\_\_ with good.  
Romans 12:21
- *God wants* us to be ministers of \_\_\_\_\_.  
2 Corinthians 5:18–19

## D. What Are the Four Stages of Forgiveness?

Leviticus 19:18

- #1 \_\_\_\_\_ the Offense.
- #2 \_\_\_\_\_ the Offense.
- #3 \_\_\_\_\_ the Offender.
- #4 \_\_\_\_\_ Oneness ... if appropriate.



### HONESTY REQUIRED FOR RECONCILIATION

- H— H \_\_\_\_\_ evaluate yourself and your relationship.  
Psalm 139:23–24
- O— O \_\_\_\_\_ your heart and share your pain.  
Matthew 18:15
- N— N \_\_\_\_\_ whether your offender takes responsibility.  
2 Corinthians 7:10
- E— E \_\_\_\_\_ your offender to be completely truthful.  
Proverbs 12:19
- S— S \_\_\_\_\_ appropriate boundaries for the relationship.  
Proverbs 10:17
- T— T \_\_\_\_\_ time, cautiously think, and sincerely pray before you let your offender all the way back into your heart.  
Proverbs 4:23
- Y— Y \_\_\_\_\_ your heart to starting over.  
Isaiah 43:18–19

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**QUESTION:** “If I have forgiven a monetary debt, thus freeing a person from paying me back, does God still expect that person to repay the debt as a matter of integrity?”

**ANSWER:**

- **Debtor #1**

A friend borrows \$100 from you and promises to pay you back in one month. But because of an accident, he becomes disabled and loses his job. He has no way of repaying the debt. If six weeks later you forgive your friend’s debt, does the person still owe the debt?

- **Debtor #2**

A friend borrows \$100 from you and promises to pay you back in one month, yet makes no effort to repay the money. After six months, you forgive the debt. Does he still owe the debt? Read Hebrews 12:15 Deuteronomy 15:1–2

## E. How Do You Truly Forgive?

### HOW TO HANDLE “THE HOOK”

- Make a list of all the offenses caused by your offender.
- Imagine right now that a hook is attached to your collarbone. Then imagine all the pain attached to the hook as a result of the wrong that was done to you.
- Ask yourself, *Do I really want to carry all that pain with me for the rest of my life?*
- Then take the one who offended you off your emotional hook and place your offender onto God’s hook.

Deuteronomy 32:35



## F. How Do You Sustain a Forgiving Spirit?

Luke 17:4

### HOW TO *FORGIVE* ... AGAIN

**F—** **F**\_\_\_\_\_ recurring thoughts of the wrongs done to enter your mind. Stop them as soon as they occur.

1 Corinthians 13:5

**O—** **O**\_\_\_\_\_ the temptation to bring up the matter again.

Psalms 141:3

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R— R\_\_\_\_\_ Scripture in your mind.

Proverbs 10:12

G— G\_\_\_\_\_ the situation to God.

1 Peter 2:23

I—I\_\_\_\_\_ on behalf of your offender.

1 Samuel 12:23

V— V\_\_\_\_\_ what you can give rather than what you can receive.

Acts 20:35

E— E\_\_\_\_\_ God's grace, mercy, and forgiveness.

James 5:11

## G. What Will Protect Your Heart from Bitterness?

Matthew 5:44

1 Peter 3:9

James 3:17

**QUESTION:** "How can I release the bitterness toward my offender, who is now dead?"

**ANSWER:**

Hebrews 12:15

## H. How Do You Lighten the Scales of Blame?

1 John 1:8

## I. The End of the Story

Jesus would never tell you to "*love your enemies, do good to those who hate you*" (Luke 6:27) without giving you the power to do it.

*"My brothers, I want you to know that through Jesus the forgiveness of sins is proclaimed to you"*

Acts 13:38<sup>1</sup>

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<sup>1</sup> Hunt, J. (2008). [\*Biblical Counseling Keys on Forgiveness: The Freedom to Let Go\*](#). Dallas, TX: Hope For The Heart.