

Forgive and Release

- **Matt 6:** ¹⁴ For if you forgive other people when they sin against you, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive others their sins, your Father will not forgive your sins.
- **Luke 6:** ³⁷ 'Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.'

Forgive and Release

- Ephesians 4:³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you
- Colossians 3:¹³ Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

Forgive and Release

- **Matt 18:**²³ If you want to understand the kingdom of heaven, think about a king who wanted to settle accounts with his servants. ²⁴ Just as the king began to get his accounts in order, his assistants called his attention to a slave who owed a huge sum to him—what a laborer might make in 500 lifetimes.^[c] ²⁵ The slave, *maybe an embezzler*, had no way to make restitution, so the king ordered that he, his wife, their children, and everything the family owned be sold *on the auction block*; the proceeds from the slave sale would go toward paying back the king. ²⁶ Upon hearing this judgment, the slave fell down, prostrated himself before the king, and begged for mercy: “Have mercy on me, and I will somehow pay you everything.”

Forgive and Release

- ²⁷ The king was moved by the pathos of the situation, so indeed he took pity on the servant, told him to stand up, and then forgave the debt.
- ²⁸ But the slave went and found a friend, another slave, who owed him about a hundred days' wages.^[d] “Pay me back that money,” shouted the slave, throttling his friend and shaking him with threats and violence. ²⁹ The slave's friend fell down prostrate and begged for mercy: “Have mercy on me, and I will somehow pay you everything.”

Forgive and Release

- 3⁰ But the first slave *cackled and was hard-hearted and refused to hear his friend's plea*. He found a *magistrate and had his friend thrown into prison* “where,” he said, “you will sit until you can pay me back.”³¹ The other servants saw what was going on. They were upset, so they went to the king and told him everything that had happened.
- 3² The king summoned the slave, *the one who had owed so much money, the one whose debt the king had forgiven*. The king was livid. “You slovenly scum,” he said, *seething with anger*. “You begged me to forgive your debt, and I did.”

Forgive and Release

- *33 What would be the faithful response to such latitude and generosity? Surely you should have shown the same charity to a friend who was in your debt.”*
- *34 The king turned over the unmerciful slave to his brigade of torturers, and they had their way with him until he should pay his whole debt.³⁵ And that is what My Father in heaven will do to you, unless you forgive each of your brothers and each of your sisters from the very cockles of your heart.*

Forgive and Release

- This is a picture of our relationship with God
- The King knew the servant couldn't pay – we can never repay God.
- The King felt compassion – he forgave and cancelled the debt.
- The servant found someone who owed him.
- The servant didn't want to show mercy.
- The King was not happy – sent servant to the torture chamber.



Secure Soil

Resulting from
Acceptance,
Affirmation,
Appreciation
Encouragement and
Love

Seed

Fruit

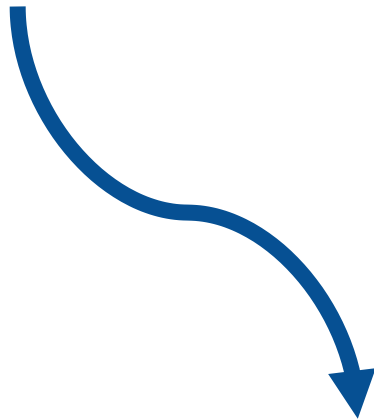
**Soil of
Insecurity**

Roots

Resulting from lack of:
Acceptance,
Affirmation,
Appreciation
Encouragement and
Love

**Seed of
offence**

Fruit



Soil of Insecurity

Root

- What people said
- What people didn't say
- What people did
- What people didn't do

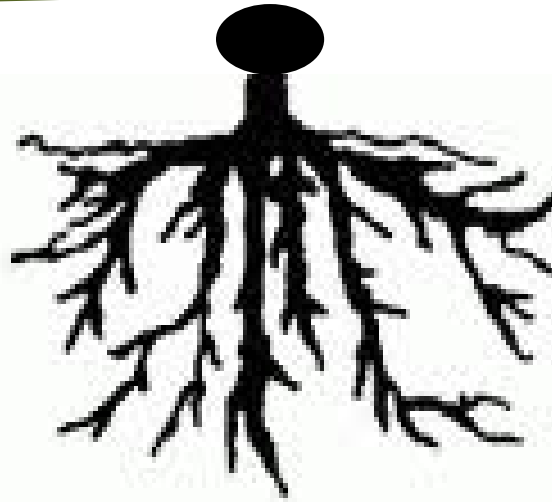
Forgive and Release

- What do we do with these seeds?
- Mull them over
- Bury
- Build defense mechanisms
- Get even – plan revenge
- Forgive

**Seed of
offence**

Fruit

**Soil of
Insecurity**



**Roots of
Bitterness**

How you think
How you feel

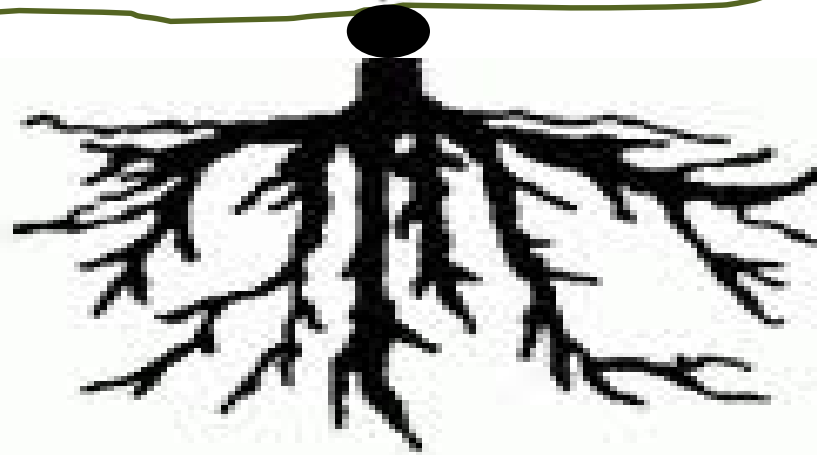
**Seed of
offence**

**Fruit of
Resentment**



**Soil of
Insecurity**

**Roots of
Bitterness**



What you say
What you do

Forgive and Release

- Soil heart insecure lack of love, acceptance, affirmation, approval, encouragement
- Seeds offenses things said or done or not said or done, sin
- Roots Things you think or feel responses, emotions, attitudes
- Fruit Things you say or do behaviour

Forgive and Release

The person affected by unforgiveness remains a victim.

Unforgiveness is like drinking poison and expecting someone else to die.

Unforgiveness keeps you in prison.

Unforgiveness keeps you in chains and bondage.

Forgive and Release

Excuses

They don't deserve it.

It's a sign of weakness.

Feels like betrayal.

They haven't said sorry.

The person is dead.

Forgive and Release

The Debt

Unforgiveness says:

“You owe me,

You are in my debt;

A debt so deep it can never be paid –

I will not let you pay it”

That debt is an iron chain which binds the injured to the injurer, the victim to the perpetrator, the offended to the offender;

Growing old, bitter, imprisoned together.

Forgive and Release

Forgiveness

Is the choice to break that chain;

The courage to walk away,

The strength to say,

Despite the injury,

And the wrong,

“You owe me nothing”

Here is true forgiveness:

That God

Angered by my rebellion;

Forgive and Release

My disobedience,
My waywardness,
Seeing the debt I owed to him;
Seeing that I could not pay;
Came in his mercy,
Nailed all that I owed to the cross of His Son,
Paid my debt himself,
And spoke forgiveness over me.
I owe him nothing.

Forgive and Release

And those cursed chains
That should have bound me
To His anger,
Become arms of love
That hold me
To His heart.
I owe him everything.

Barbara J Parsons 2010

Forgive and Release

- What do we do?
- Identify people who have hurt you and how – make a list/invoice.
- Face how you feel. Be real, tell God – he knows anyway.
- Acknowledge what effect this has had on your life – how it has shaped you.

Forgive and Release

- Look to the cross – Jesus took all sin there even sin that was done to you. Let this be a place of exchange.
- Decide to forgive – choice.
- Name the offences – be specific.
- Choose to cancel the debt, wipe the slate clean.

Forgive and Release

- See Jesus there as your healer and ask him to release your pain.
- Repent for your wrong attitudes, emotions, unforgiveness, judgements.
- Rip up your list/invoice – cancel debt
- Pray for the person.