



# FORGIVENESS AND MATURITY

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# AIM

- ▶ THE IMPORTANCE OF FORGIVENESS
- ▶ THE NEED TO FORGIVE
- ▶ PRACTICE FORGIVENESS FOR SPIRITUAL GROWTH



# THE IMPORTANCE OF FORGIVENESS

You can't have mercy for yourself and want  
justice for others!

# WHAT IS FORGIVENESS?

THE DECISION TO LET GO OF  
OFFENSES, RESENTMENTS AND  
THOUGHTS OF REVENGE.

# WHAT IS FORGIVENESS?

It is an active decision to give up your perceived or actual right to get even with someone who has wronged you.

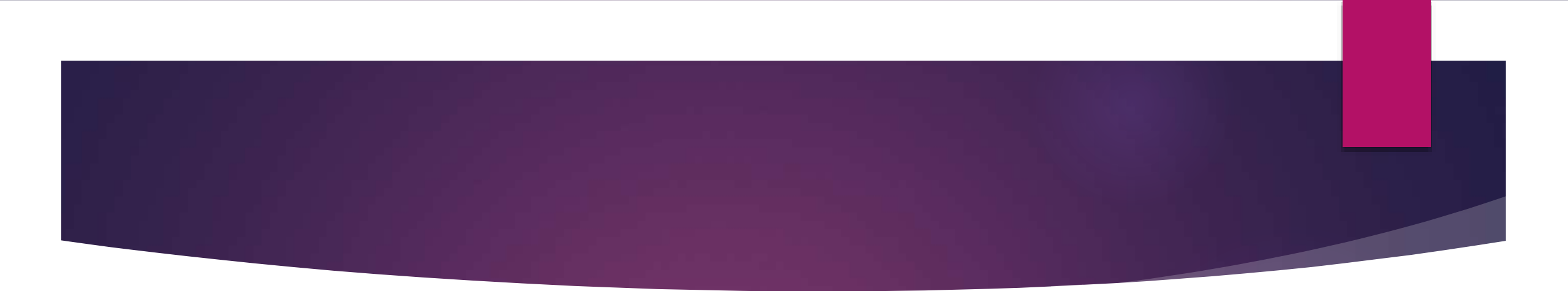
It is cancelling a debt.

How was the debt paid?

**“It is finished” = tetelistai = PAID IN FULL**

# WHAT IS SPIRITUAL MATURITY?

- ▶ GROWING IN THE LOVE OF GOD
- ▶ DEMONSTRATING THE CHARACTERISTICS OF LOVE DESCRIBED IN I CORINTHIANS 13: 4-8 IN OUR RELATIONSHIP WITH OTHERS

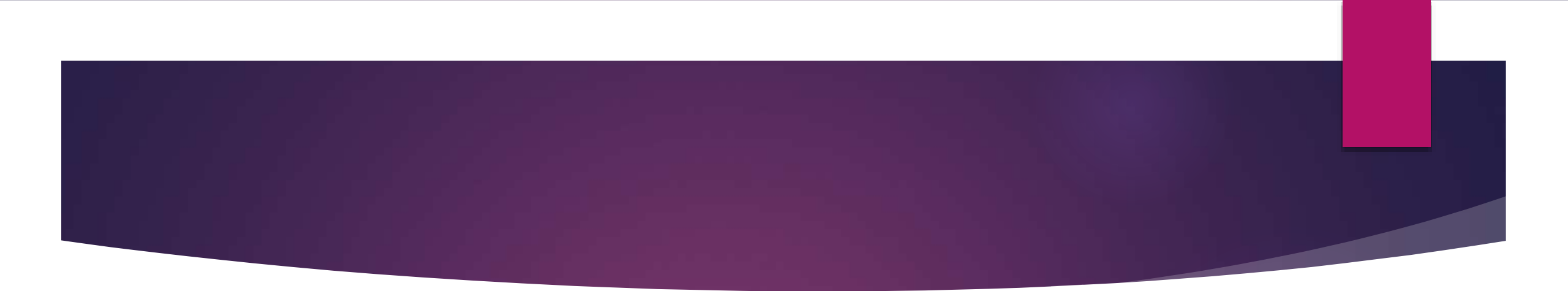


MATURING IN LOVE IN OUR RELATIONSHIPS  
CONSTANTLY REQUIRES WILLINGNESS TO  
FORGIVE, AS ALL PERSONS MAKE MISTAKES,  
BOTH INTENTIONALLY AND UNINTENTIONALLY

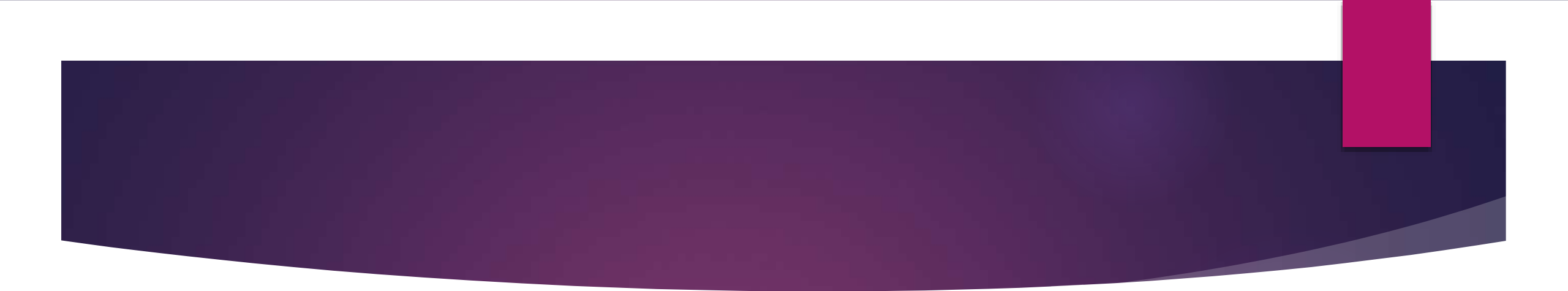
# WHY DO PEOPLE FIND IT SO DIFFICULT TO FORGIVE?

- We feel we want to get even, to take revenge, to punish the offender
- Forgiveness demands a surrendering of the right to get even
- We can justify the punishment of the offender
- We keep recalling the hurt/offense, so maintaining the anger
- We fear the offense may be repeated





Forgiveness is an act of maturity  
A choice that must be made  
Not a feeling to want to feel



Forgiveness is no to deny,  
ignore, overlook or justify the  
hurt/wrong done. Rather it is choosing  
no to hold on to the offense.

# Why do we forgive?

- Love requires it. God calls for it – The Parable of the Unforgiving Servant
- We have hurt other even as we have been hurt ourselves
- God is the Judge of all hearts and He is the One who decides punishment
- Forgiving helps us to grow. It frees the mind to stay positive, encouraging happy, good thoughts etc.

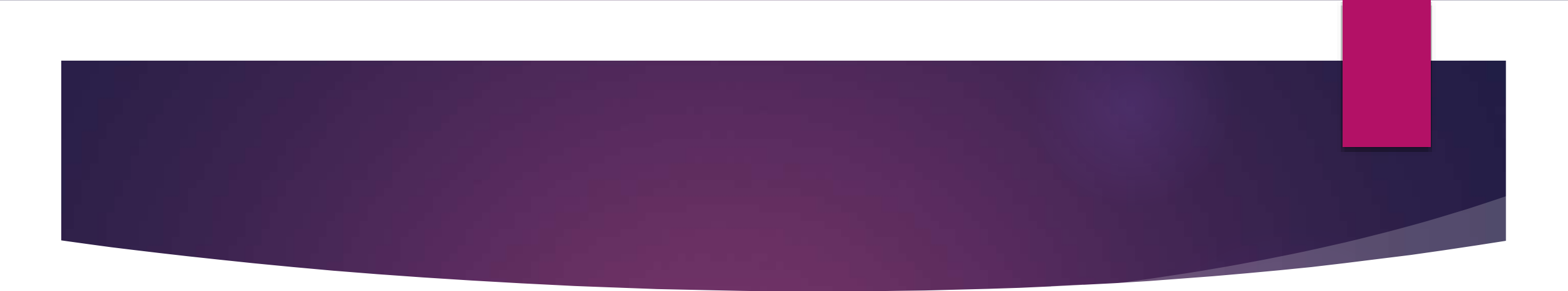
# NAVIGATING THE PATH

Forgiveness is a path to be walked. There are steps along the way:

- Loss
- Anger
- Acceptance
- Learning
- Forgiveness
- Restoration

# Why do we forgive?

- So we do not stay stuck in our past, remain wounded and cannot go forward
- Jesus died so that we could be forgiven. It will cost us to forgive
- When we forgive it releases the Lord to deal with the situation
- We must not take revenge, we must trust God who is just



When we find it hard to forgive,  
consider how much we have been  
forgiven in comparison to what's been  
done to us

# CHALLENGE

- Go, forgive and/or ask forgiveness
  - Choose to forgive, acting in maturity
- YOUR GROWTH AND RIGHT RELATIONSHIP  
WITH GOD AND MAN DEPEND ON IT**

# Some Signs to Show that You Have Totally Forgiven from the Heart

- ▶ Love keeps no record of wrong. 1 Cor 13:5
- ▶ From the story of Joseph and his brothers – Gen 45
  - ▶ You do not tell what they have done to you
  - ▶ You do not let them be afraid of you
  - ▶ You do not want them to feel guilty
  - ▶ You keep on forgiving them – they are eternally forgiven!
- ▶ **Luke 6:37: Do not judge, and you will not be judged; and do not condemn, and you will not be condemned; pardon, and you will be pardoned**



# Forgiveness is NOT

- ▶ Let's pretend it never happened
- ▶ Demand that the person change before we forgive
- ▶ Forgetting it happened
- ▶ Thinking that time alone will heal the hurt
  - ▶ **Emotions are never buried dead, they are buried alive!!!**