



# HEALING: THE POWER OF FORGIVENESS

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# Definition

Forgiveness is the act of forgiving, which means to stop feeling angry or resentful toward someone who has done something wrong.

Merriam-Webster Dictionary



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# Biblical Meaning

To pardon, give up resentment,  
and grant relief to an offender.



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# THE POWER OF FORGIVENESS TAKE AWAYS

- Knowing Why
- Knowing How
- Knowing When



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“For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.”

Matthew 6:14-15 (NIV)



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Lord, How Many Times Should I Forgive My Brother?

**70 x 7**

Matthew 18:21-22



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<sup>18</sup> All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: <sup>19</sup> that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation. <sup>20</sup> We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. <sup>21</sup> God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

**2 Corinthians 5:18-21 (NIV)**



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“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”

Colossians 3:13 (NIV)



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“To be a Christian means to forgive the inexcusable because God has forgiven the inexcusable in you.”  
~C.S. Lewis



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“And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins.”

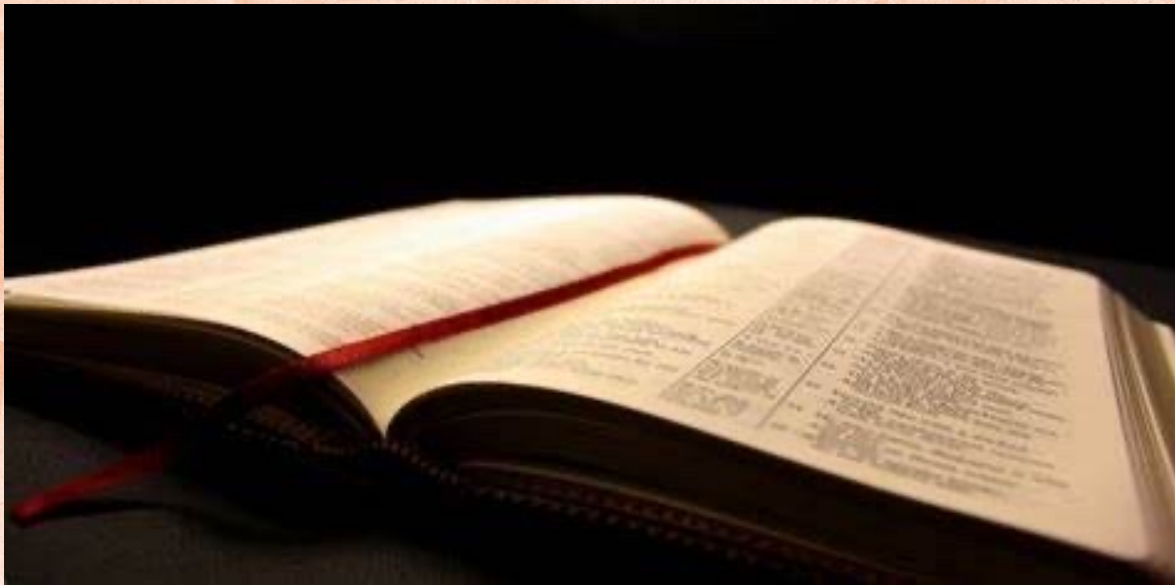
Mark 11:25 (NIV)



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# WHY?

God Said So!



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**WHY?**

**FREEDOM!!**



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# WHY?

Your health depends on it!

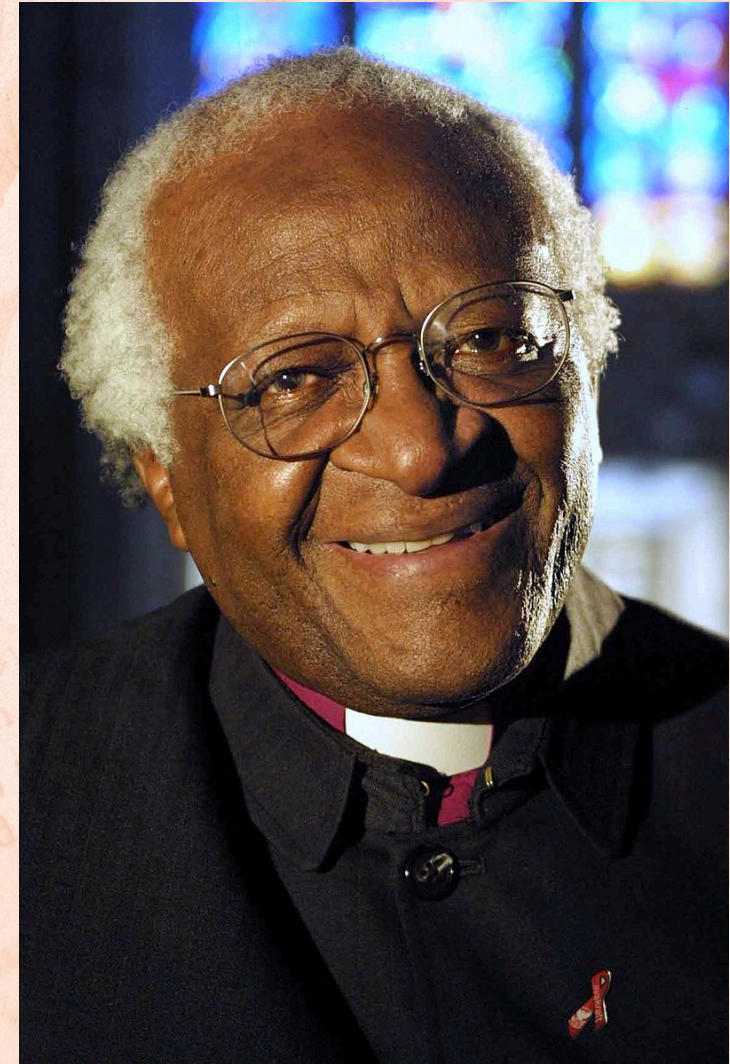


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“Forgiveness is a choice we make, and the ability to forgive others comes from the recognition that we are all flawed and all human.”

~Desmond Tutu



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# HOW?

## Change Perception

Sometimes we just need to have a different perception . . . we need to see differently.



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# HOW?

## Change Expectations

Stop looking for people to give what they don't have to give!



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# HOW?

Embrace the Process

Forgiveness does not happen immediately.



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# WHEN?

Be open to starting the process as soon as possible.



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# Forgiveness is not...

- Easy
- Weakness
- Repressing emotions
- Forgetting
- Quick



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# FINALLY...

## Demystify God's Grace

His Grace is motivated by His unconditional love!



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# REFERENCES

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## **The Book of Forgiving: The Fourfold Path to Healing Ourselves and Our World**

*by Desmond Tutu and Mpho Tutu (2014)*



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