

# Forgiving

## Why do we forgive and how do we do it?

Forgiveness is integral in our discipleship to Jesus. We live in a world polluted by sin and shame, and relationships in this broken world are often marked by disappointment, loss, and pain. The call of God throughout the Scriptures is to release those who sin against us from our personal right to collect on the moral debt for their offense. We see this embodied best in the person of Jesus himself, who, in the face of sin, chose not to look the other way nor to pay the person back, but to deal with the sins committed against him in the most compelling way: by forgiving them.

### 1. TEACHING – FORGIVING – Being renewed:

One of the most unique features of biblical peacemaking is the pursuit of genuine forgiveness and reconciliation.

Even though Christians have experienced the greatest forgiveness in the world, we often fail to show that forgiveness to others. To cover up our disobedience we often use the shallow statement, “I forgive her—I just don’t want to have anything to do with her again.” Just think, however, how you would feel if God said to you, “I forgive you; I just don’t want to have anything to do with you again”? Praise God that he never says this! Instead, he forgives you totally and opens the way for genuine reconciliation. He calls you to forgive others in exactly the same way: “Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you” (Col. 3:12-14; see also 1 Cor. 13:5; Psalm 103:12; Isa. 43:25).

Read and reflect on Jesus teaching related to forgiveness -

- **Matthew 6:9-15; 18:21-22**
- **Mark 11:25**
- **Luke 6:37; 17:1-4**

Visit <https://practictheway.org/practices/forgiving> to listen to the following teachings and ideas how to practice forgiveness. You can also find recommended reading on this practice.



**Forgiving and being forgiven** - Forgiveness is integral in our discipleship with Jesus. We live in a world polluted by sin and shame, and relationships in this broken world are often marked by disappointment, loss, and pain. God is calling us to forgive because Jesus himself chose to forgive.

<https://practictheway.org/forgive/part-one>

**Transform or Transmit** - Many of us get stuck in unforgiveness over the many ways we’ve been wounded. The key to healing and freedom isn’t just to release somebody from the debt owed; but to find a way to transform out pain into something beautiful. <https://practictheway.org/forgive/part-two>

**The How-To of Forgiveness** - Matthew 6:9-15 . One of, if not the greatest, gifts we receive as apprentices of Jesus is forgiveness. But to Jesus, this is a gift we are to pass on to others. His end goal is for his apprentices to grow and mature into the kind of people who are forgiving by nature. But this is hard to do! In this teaching, we move from the idea of teaching to the practice of it. Using a five stage process called R.E.A.C.H., we aim to replace the emotions attached to our wounds. <https://practictheway.org/forgive/part-three>

**The How-To of Reconciliation** - Luke 17:1-4 - In our final teaching, we flip it around from forgiving people who have hurt us, to reconciling with people we have hurt. In a cultural moment of victimization, it’s all too easy to blame shift and make excuses, but the invitation of Jesus is to journey down the long, slow road of reconciliation. <https://practictheway.org/forgive/part-four>



## 2. PRACTICE FORGIVENESS – *Being Intentional*:

One way to imitate God’s forgiveness (Matt 6:12; 1 Cor 13:5; Eph 4:32) is to make four specific promises when you forgive someone<sup>1</sup>:

- I will not think about this incident.
- I will not bring this incident up and use it against you.
- I will not talk to others about this incident.
- I will not allow this incident to stand between us or hinder our personal relationship.

Note that if the conduct in question is something which keeps being repeated even after forgiveness has been extended, then it may become necessary to raise the matter again, not to ‘use it against’ the person but because the behaviour is still an ongoing issue which is hurting the relationship and therefore still needs to be addressed. Note also, if the conduct in question has involved breaking the law and/or where restoration of relationship is not wise or possible, additional pathways and support must be pursued.

Regardless of the level of hurt, remember that forgiveness is a spiritual process that you cannot fully accomplish on your own. Therefore, as you seek to forgive others, continually ask God for grace to enable you to imitate his wonderful forgiveness toward you.

Visit <https://practicingtheway.org/practices/forgiving> and click on each of these circles for more ideas and resources how to practice forgiveness.



### Forgiving & Being Forgiven

Forgiveness is integral in our discipleship to Jesus, an unmerited gift, given to someone who does not deserve it.



### Forgiving & Absorbing

Forgiveness is not just releasing the right to payback who has hurt you, it is also absorbing the pain with God’s help.



### How To Forgive

While we can’t change the hurtful memory, we can change how we think and feel when that memory comes to mind.



### Reconciliation

Work to restore a broken relationship.

Forgiveness takes one person,  
reconciliation takes two.

## 3. TAKE STEPS TO GROW IN COMMUNITY:

- A. To grow in this practice, what is **one idea you want to experiment with this coming week / month?** How will you do that?
- B. **Is there someone that you could connect with for mutual encouragement, learning and accountability to deepen in this practice?**<sup>2</sup> It might be your spouse, sibling, close friend, someone in your life group or someone at this workshop.

For more support, training and resources on forgiveness and reconciliation visit and come to the **PEACEWISE workshop at TCBC on Tuesday 13<sup>th</sup> September 730-9pm**. Their resources and training are excellent (both Andrew and Mike highly recommend!)

<sup>1</sup> These peacemaking principles are from PEACEWISE. <https://peacewise.org.au/>

<sup>2</sup> This is a practical way we can fulfill our vision together at TCBC “*Transforming lives through Christ-centred community*”. “*Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching*” (Hebrews 10:24-25).