

HOW TO FORGIVE PEOPLE Dr. David R. Landis 9/27/17-051

Text: Romans 12:18 “*be at peace with all men*”

Introduction: How do you forgive someone who has offended you or wounded you emotionally? When you think of that person or incident your emotions want to take over. You find yourself in a state of un-giving. You can't give them a smile, conversation, trust or kindness or a nice word.

- I. Mark 11:24-26 “*If you do not forgive, neither will your Father...*”
 - A. II Corinthians 1:3,4 God's forgiveness and comfort flow through us.
 1. Matthew 18:18,19 In a context of the two parties coming into agreement or harmonizing.
 - a. We are either binding or losing one's offences.
 2. Freely we have received so freely we are to give.
 - B. Four steps to forgive or release people.
 1. **We must understand the why behind the incident.**
 - a. Story of the boy whose responsibility was to feed his grandfather in a wheel chair with little movement in his arms. Did it graciously when little but began to grow weary and told mother he had enough. Mother explained to him that there was a fire when he was little and that grandfather had gone back into the house to save him. The grandfather sustained 3rd degree burns and smoke inhalation which was why he was in the wheel chair. It changed his attitude and went about feeding his grandfather.
 - b. We tend to judge others by their actions and to judge ourselves by our intentions. Or we are more tolerant with ourselves. Don't be too quick to pass the buck.
 - c. Be slow to jump to conclusions. Learn to pause and ask the Holy Spirit to help you. (Isaiah 11:3 be like Jesus),
 - d. A couple whose families were quite different. The one family that rarely raised their voices and the other who yelled all the time.
 - e. People can be influenced by satan like Peter was. (Ephesians 2:1-3 the influence upon peoples flesh). (Ephesians 4:27) Christians can be influenced as well.
 - f. Many fleshly or carnal Christians.
 - g. I Corinthians 3:1-3 They were walking as “*mere men*”.
 - h. Wounded people hurt people. Satan wants to instigate and fester the offense.

- i. II Corinthians 2:10-11 Forgiveness keeps satan from getting an advantage over us.
 - j. Deal with the root of the problem. Satan. God addressed satan first then Adam and Eve.
2. **Separate the person from their sin (II Corinthians 5:19).**
- a. Forgiveness is used 146 times in NT. 49 times translated forgiveness other times as “*left, send away, forsook etc.*”
 - b. Forgiveness means to send off, to release, let go or let be, to hurl.
 - c. Psalm 103:12 God removes our sins.
Isaiah 38:17 God casts our sins behind His back.
Micah 7:19 God casts all our sins into the sea.
 - d. This is how we are to forgive (Ephesians 4:32).
 - e. When we see the person realize that Jesus died for them.
 - f. Matthew 7:1-5 Get the log out of your own eye.
* Do not make someone’s splinter your log. It happens by looking at their fault too closely instead of the person.
3. **Make a quality decision of which there is no retreat.** Send it.
- a. Matthew 18:21-22 Send it away 490 times in your mind.
 - b. Eventually the thought will not come up in your mind.
4. **Start giving.**
- a. Luke 6:27, 28 “*pray for those who mistreat you*” Pray for them to grow and for you to see them as God sees them.
 - b. Prayer breeds intimacy
 - c. Give them kindness. Give a smile, conversation, a card of appreciation, a visit, a gift etc.
 - d. Give them an opportunity to restore trust. Give them an opportunity to prove themselves again. Not too quickly. (I Timothy 3:19 “*let them be tested*”) Even in an adulterous situation, trust must be restored.
 - e. Unforgiveness writes people off.
 - f. Give them confrontation. Matthew 18:15 Go to them.
 - g. Confrontation is not wisdom when we are not in an appropriate position to confront that person. A man confronting another’s wife on their dressing, a parishioner approaching a guest minister on their theology, correction of other’s children etc.
 - h. Some things are best left alone. Character issues.

