



# Assignments for Session 6: Forgiveness

## Key Words for you to know & explain

1. Forgiveness
2. Resurrection effect
3. Foothold
4. Steps of forgiveness

## Read my document on forgiveness.

## Reading Plan & Personal Study

Read these Scriptures and consider what they mean to you.

- “You have heard that it was said, ‘Love your neighbor and hate your enemy’, But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven (Matthew 5:43-45)
- And forgive us our debts as we also have forgiven our debtors (Matthew 6:12)
- For if you forgive others 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 you (Matthew 6:14).
- Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you (Ephesians 4:32).
- In your anger do not sin; Do not let the sun go down while you are still angry, and do not give the devil a foothold. (Ephesians 4:26, 27)
- For indeed what I have forgiven ... I did it for your sakes in the presence of Christ, in order that no advantage be taken of us by Satan; for we are not ignorant of his schemes (2 Corinthians 2:10-11).
- If you forgive the sins of any, their sins have been forgiven them; if you retain the sins of any, they have been retained (John 20:23).
- I say to you that everyone who is angry with his brother shall be guilty before the court; and whoever shall say to his brother, “Raca” [empty headed, good for nothing], shall be guilty before the supreme court; and whoever shall say, “You fool,” shall be guilty enough to go into the fiery hell (Matthew 5:22).
- If we love one another, God abides in us, and His love is perfected in us (1 John 4:12).
- Let everyone be quick to hear, slow to speak and slow to anger; for the anger of man does not achieve the righteousness of God (James 1:19-20).



- Do not speak against one another. He who speaks against a brother, or judges his brother, speaks against the law, and judges the law; but if you judge the law, you are not a doer of the law, but a judge of it (James 4:11).
- Every one of you who passes judgment, for in that which you judge another, you condemn yourself (Romans 2:1).
- He was pierced through for our transgressions, He was crushed for our iniquities ... the Lord has caused the iniquity of us all to fall on Him (Isaiah 53:4-6).
- ... having forgiven us all our transgressions, having cancelled out the certificate of debt consisting of decrees against us and which was hostile to us; and He has taken it out of the way, having nailed it to the cross (Colossians 2:13-14).
- Where there is forgiveness, there is no longer any offering for sin (Hebrews 10:18).
- But when Christ appeared as a high priest of the good things to come ... through His own blood, He entered the holy place once for all, having obtained eternal redemption (Hebrews 9:11-12).
- According to the Law ... all things are cleansed with blood, and without the shedding of blood there is no forgiveness (Hebrews 9:22).
- For the life is in the blood, and I have given it to you on the altar to make atonement for your souls, for it is the blood by reason of the soul that makes atonement (Leviticus 17:11).
- But now apart from the Law, the righteousness of God has been manifested ... whom God displayed publicly as a propitiation [a propitiatory sacrifice] in His blood (Romans 3:21, 25).
- Now the God of peace, who brought up from the dead the great Shepherd of the sheep through the blood of the eternal covenant, even Jesus our Lord (Hebrews 13:20).
- How much severer punishment do you think he will deserve who has trampled underfoot the Son of God, and has regarded as unclean the blood of the covenant, by which he was sanctified, and has insulted the Spirit of grace. ... 'Vengeance is Mine, I will repay' (Hebrews 10:29-30).
- Search me O God, and know my heart; try me and know my anxious thoughts; and see if there be any way of pain in me (Psalm 139:23-24).
- Create in me a clean heart O God (Psalm 51:10).
- Jesus said "But I say to you who hear, love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you (Luke 6:27, 28).

## Reflection Exercises

As you consider forgiveness, it is vital to seek the Holy Spirit's help. The Holy Spirit will bring to your attention who you need to forgive and will empower you to do the impossible, to forgive from your heart

- Pay attention to how you feel toward the person, asking if your affections are restrained, bound.
- Notice how you talk with the person. Does your conversation feel natural and free-flowing or constricted?
- Notice whether or not you are avoiding the person.
- Are you maintaining a list of wrongs the person has done?



- Try going to God and showing Him the pain you *feel* when someone hurts you. Ask for his grace to come, and then wait for it!
- Why is forgiving others important?
- What makes forgiveness possible?
- Why does forgiveness require blood?
- If you refuse to forgive someone, do you realize that you are telling Jesus that His blood is not enough?
- Thank God for the blood of Jesus Christ.

### **Spiritual Action Steps**

1. Quiet your heart before God. Ask the Holy Spirit to bring up names of people you need to forgive.
2. As the names come up, write them down.
3. Even if you think a person is someone you have already forgiven, write that name down too.
4. Consciously choose to release these people from the debts you are holding against them.
5. Walk through the steps of forgiveness listed in your reading material for this week.
6. Commit to praying blessings on each one until you are free from all resentment.
7. Did you forgive yourself?