



## FORGIVENESS: What Is It? And How Do I Live It Out?

<sup>6</sup> that he who began a good work in you will carry it on to completion until the day of Christ Jesus return.

*Philippians 1:6 (NIV)*

√ How do I forgive others?

√ How do I forgive myself?

<sup>34</sup> Jesus said, "Father, forgive them, for they don't know what they are doing."

*Luke 23:34 (NLT)*

Every spiritual journey starts with realizing that we **NEED** forgiveness.

<sup>24</sup> Now Thomas (also known as Didymus Thomas (Aramaic) and Didymus (Greek) both mean twin.), one of the Twelve, was not with the disciples when Jesus came. <sup>25</sup> So the other disciples told him, "We have seen the Lord!" But he said to them, "Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe." <sup>26</sup> A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, "Peace be with you!" <sup>27</sup> Then he said to Thomas, "Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe." <sup>28</sup> Thomas said to him, "My Lord and my God!" <sup>29</sup> Then Jesus told him, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."

*John 20:24-27 (NIV)*

Jesus didn't come to cover the pain but to **SHOW** His **STRENGTH** in your **WEAKNESS**.

Life becomes a whole lot easier when you learn to **ACCEPT** an apology that you **NEVER** got.

Forgiveness is not about **FORGETTING** but it's about **LETTING GO** of the pain.

## How do I live FORGIVENESS out in my life?

- | **CHOOSE**
- | **JOURNAL**
- | **PRAY**
- | I bring my **THOUGHTS** into captivity.

<sup>5</sup> ...we take captive every thought to make it obedient to Christ.

*2 Corinthians 10:5 (NIV)*

I pray that God would **BLESS** those who have wounded me.

<sup>44</sup> I'm telling you to love your enemies. Let them bring out the best in you, not the worst.

*Matthew 5:44 (MSG)*



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