

BACK to the BASICS

SPIRITUAL
DISCIPLINES



PRACTICING FORGIVENESS





Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?” Jesus answered, “I tell you, not seven times, but seventy-seven times. “Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants.

Matthew 18:21-23



As he began the settlement, a man who owed him ten thousand bags of gold[h] was brought to him. Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt.

Matthew 18:24-25



“At this the servant fell on his knees before him. ‘Be patient with me,’ he begged, ‘and I will pay back everything.’ The servant’s master took pity on him, canceled the debt and let him go. “But when that servant went out, he found one of his fellow servants who owed him a hundred silver coins. He grabbed him and began to choke him. ‘Pay back what you owe me!’ he demanded.

Matthew 18:26-28



“His fellow servant fell to his knees and begged him, ‘Be patient with me, and I will pay it back.’ “But he refused. Instead, he went off and had the man thrown into prison until he could pay the debt. When the other servants saw what had happened, they were outraged and went and told their master everything that had happened.

Matthew 18:29-31



“Then the master called the servant in. ‘You wicked servant,’ he said, ‘I canceled all that debt of yours because you begged me to. Shouldn’t you have had mercy on your fellow servant just as I had on you?’ In anger his master handed him over to the jailers to be tortured, until he should pay back all he owed. “This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart.”

Matthew 18:32-35



*Unforgiveness is like
you drinking poison,
hoping the other
person would die.*

Unforgiveness is linked to:

- *higher incidences of:*
 - *stress*
 - *heart disease*
 - *high blood pressure*
 - *lowered immune response*
 - *anxiety*
 - *depression*
- * John Hopkins Medicine*





Forgiveness is linked to:

- lowering the risk of heart attack*
- improving your cholesterol levels*
- improving sleep*
- reducing:*
 - pain, blood pressure, and levels of anxiety, depression, stress*

** John Hopkins Medicine*



*Unforgiveness holds
you in bondage
to the past.*



*Forgiveness is
a heart issue.*



1.

*Forgiveness is not
about keeping track,
it's about losing count!*

(v.21-22)



*Jesus modeled this
for us.*



“Father, forgive them for they know not what they do.”

Luke 23:34



2.
*God will forgive
us when we
forgive others*

(v.23-35)



“You wicked servant, I canceled all that debt of yours because you begged me to. Shouldn’t you have had mercy on your fellow servant just as I had on you? In anger His master handed Him over to the jailers to be tortured, until he could pay back all he owed.”

Matthew 18:32-34



*Unforgiveness
will always throw you
in a spiritual prison!*



“This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart.”

Matthew 18:35



“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