

LEARNING TO LET GO OF HURT

The Healing Power of Reconciliation
Part 2

Forgiveness is NOT...

minimizing the seriousness of the offense

instant restoration of trust

resuming the relationship without any changes

WHY SHOULD I LET GO OF MY HURT?

1. BECAUSE _____

“Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you.” Ephesians 4:32

2. BECAUSE _____

“To worry yourself to death with resentment would be a foolish, senseless thing to do.” Job 5:2

“You are only hurting yourself with your anger!” Job 18:4

“Some men stay healthy until the day they die... others have no happiness at all; they live and die with bitter hearts.”
Job 21:23-25

3. BECAUSE _____

“For if you forgive men when they sin against you, your Heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.”
Matthew 6:14-15

HOW DO I LET GO OF THOSE WHO’VE HURT ME?

1. RELINQUISH _____

“...Never avenge yourselves. Leave that to God, for He has said that He will repay those who deserve it.” Romans 12:19

“Peter asked, ‘Lord, how often should I forgive someone who sins against me? Seven times?’ ‘No,’ Jesus replied, ‘seventy times seven!’” Matthew 18:21-22

2. REFOCUS _____

“Put your heart right, reach out to God... then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more.” Job 11:13-16

“...do good to those who hate you, bless those who curse you, and pray for those who mistreat you.” Luke 6:27-28

3. RESPOND _____

“Don’t be overcome by evil, but overcome evil with good.”
Romans 12:21

What good am I doing in the world?

Next Sunday Sermon

MAKING YOUR LIFE COUNT

Pastor Saro Khachikian