

There are several misconceptions about what forgiveness is.

- "I'd just be sending the message that he (or she) can do wrong and get away with it."
- "This would mean I've got to bury my anger."
- "I guess I'll just have to put a smile on my face and say everything's all right."
- "I feel that I'm being required to go soft on something that's severely wrong."
- "One more time I've got to play the good-guy role while the bad guys just skip on their way."

Source: *The Choosing to Forgive Workbook* by Les Carter, Ph D & Frank Minirth, M D

Forgiveness is defined as the willingness to let go of self-harming or ineffective forms of anger, choosing instead to turn over ultimate resolution of the wrong to God.

Forgiveness is not

- Letting go of healthy forms of anger.
- Allowing others to continue to disrespect your needs and boundaries.
- Lying down and becoming a human doormat.
- Telling the wrongdoer that the past is no longer significant and everything's fine now.
- Agreeing to become best buddies with the wrongdoer.
- Pretending to go back to normal relations as if nothing happened.
- Denying that you may still have to live with pain caused by the wrongful deed.

Forgiveness does mean:

- You will let go of the demand for repayment, particularly as you have exhausted all reasonable attempts at restitution or restoration.
 - You will free yourself to focus on rewarding relationships and pursuits.
 - You will choose to give up any obsessions regarding the wrongdoer, recognizing, instead, that you have better things to give your attention to.
 - You will be willing to refrain from the ongoing temptation to insult the wrongdoer.
 - You will let go of any illusions that you might somehow control the wrongdoer's life.
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- You will be forward-looking about life, realizing that new opportunities await you.
 - You will give yourself permission to make life choices that will lead to contentment and peace.

Scriptural Basis

Forgive: release from debt (vengeance) (Mt6:12, Lk11:4)

Forgive and be forgiven (Mt6:12-15,18:35; Mk11:25-26)

Only God can forgive sins (Mk2:7, Lk5:21)

Come to complete law, not abolish it Mt5:17,18

Court Metaphor Mt5:22

Eye for eye (Ex21:24, Lv24:20; Dt19:21) payment fit crime

Count the cost (Lk14:28)

Loss of conn w father (mt6:15; mk11:25,6)

If bro sin rebuke, if repent forgive (lk17:3)

Wages of sin is death (Rm6:23)

Mat 18:21 - 70 x 7 = 1/2min

Must be from heart (Mt18:35, Lk17:4)

**Vengence is mine (Heb10:30, Rm12:19; Nah 1:2;
Deu32:35)**

Vengeance as repayment (Dt32:35)

God's mercy based on his know of our heart (1Jn1:9)

God allowed Choice - Gen2:16-17

Christ allowed Choice - Mt19:20-23, Mk10:20-22
