

Forgiveness – Why is it needed – How to get it – How to give it – Why I should give it -by Sid Nash

1. Study of Romans 5:1-12,20 (KJV)

1. Do you “glory in _____”(vs.3) from people who do you wrong, or do you hold resentment toward them?
2. If we are justified, we will have _____ with _____ through _____ (vs.1)
3. How are we justified? _____(vs.9)
4. When we are justified, what is the “wrath” we are saved from? _____(vs.9,12)
5. What sort of people did Christ die for and extend grace to? Those who are:
 - 1) Without strength (vs.6; 2 Corinthians 12:9-10); 2) _____(vs.6)
 - 3) _____(vs.8); 4) _____(vs.10)
6. Where _____ abounded, _____ did much more abound. (vs.20)
7. **What are the conditions to receive and to keep God’s forgiveness?** a) _____ (1 John 1:9);
b) _____ – a sorrow for sin and a turning away from it (Isaiah 1:15-20 & Ezekiel 18:21-24);
c) _____ (Mt 6:12,14-15 & Mt 18:21-35).
8. **Golden Rule of Forgiveness:** “Forgive others, as you would have them forgive you”.

2. **I am sorry for my sins, but how do I overcome those evil desires (temptations) when they keep coming back?** Recognizing my own weakness (Matthew 26:41) and God’s loving desire to help me (Philippians 2:13), I pray simply, “Lord, I can’t..., You can..., Please do...” My will power is **NEVER** strong enough to resist every temptation that comes to me. My willpower is **ALWAYS** strong enough to **CHOOSE TO GIVE MYSELF TO GOD** whenever I am tempted. Then He will work in me to will and to do of His good pleasure (Philippians 2:13). The intensity and frequency of the temptation progressively decreases with submission to God. See <http://sidnash.org/willpower> for more details about the power of the will and Sid’s testimony.

3. **What is Forgiveness?** (mostly learned from Dick Tibbits, author of “Forgive to Live”)

1. **Results of Un-Forgiveness:** Resentment (re-feel over and over again); feelings of condemnation & resentment bring on anger which bring on cortisol which raises blood pressure leading to an elevated risk of heart disease. **“You can’t swallow the poison pill of un-forgiveness and expect someone else to die!” “You can either complain & blame OR you can forgive & live!”** –Dick Tibbits
2. **Reframing:** taking an offense and looking at it from a different perspective. **Example:** When Jesus said, “Father, forgive them, for they know not what they do” (Luke 23:34) He didn’t take the offense personally.
3. **Forgiveness IS NOT:** prideful (putting someone else down)
4. **Forgiveness DOES NOT:** Excuse/forget sin; Make wrong right; Mandate reconciliation (Rom. 12:18); Restore trust.
5. **Forgiveness DOES:** confront, name, and deal with the reality of the offense; free me from anger, resentment, & condemnation.
6. **Forgiveness IS a healing gift from God:** Spiritually, emotionally, and physically - a pathway to freedom and peace.
7. **What to do when those old resentments keep coming back?** Forgive again! It’s a temptation! See #3.

4. Forgiving others

1. Dick Tibbits, author of “Forgive to Live” interviewed: [Part 1: shorturl.at/etQV0](http://shorturl.at/etQV0) and [Part 2: shorturl.at/hlwR2](http://shorturl.at/hlwR2)
2. The Shannon Bigger Story – Darold and Barbra Bigger interviewed: goo.gl/Fxp36g
 1. By this shall all men know that ye are my disciples, if ye have _____ one to another. -John 13:35
 2. Jesus says to us, “Love your _____, bless them that _____ you, do good to them that hate you, and pray for them which despitefully use you, and _____ you.” –Matthew 5:44
 3. With men this is _____; but with God, all things are _____!” –Mt 19:26

5. Conclusion

1. “‘all things’ that are permitted ‘work together for _____ to them that love God.’”(Romans 8:28) –[MB 71](#)
2. Joyful when faced with tribulations and temptations: Romans 5:3-5; James 1:2-4
3. “Sanctification is the _____ work of a lifetime” –[3SM 202.3](#)
4. “surrender of all our powers to God greatly _____ the problem of life...” –[MYP 30.2](#)
5. “An Impressive Dream” –[2T 594](#)