

## Authentic Forgiveness

Free Yourself to  
Love: Chapter 3

ICON KEY	
	Question/Discuss
	Read The Bible
	Read FYTL
	Watch the Video



Download and Watch DVD Clip # 1 With This Lesson



**First remarks made to disciples by Risen Lord: peace, receive Holy Spirit and forgive. All these made forever possible because of His death on the cross. p. 53**



John. 20:21-23

 **The Power of the Holy Spirit is vital for the superhuman power to forgive. p.53**

**[Q]** *Do you find yourself doubting that Jesus truly understands the depth of your suffering? If yes, explain.*

 **Seven letter word: FORGIVE...on behalf of the Cross, I can forgive. p. 54**

 *"Open your eyes and look into the face of the One who understands the depth of your suffering." (Looking at the crucified Savior—Julian of Norwich) p.54*

 **Jesus suffering to forgive us...only one option for forgiven ones—to forgive. p. 55**

**[Q]** *Do you see yourself as a good forgiver? Why or why not? How can you become a better forgiver?*



Eph. 4:32



☞ “One cannot ultimately understand forgiveness until we recognize that we were once enemies [Rom.5:10] who were invited into the forgiving embrace of the eternal Triune God, through the open arms of the crucified Christ.” (Miroslav Volf, daughter raped and murdered by invading army) p. 55

**[Q]** *“The heart of emotional health is the ability to forgive.” Do you believe this? Why? Have you ever seen it in action?*

☞ **The Art of Forgiving:** developed skill combined with God’s creativity. p. 56

☞ **Offenses: Marginal and Mortal.** p. 57

Illustrations: Marginal: neighbor’s barking dogs - Mortal: date rape

☞ **Offense (Gr. *proskomma*):** “to stub on, trip up, dash.” p. 57

**[Q]** *Discuss the difference between “marginal” and “mortal” offenses. Do you think the difference is always clear? Share a marginal offense you have forgiven recently. Then, if you will, share a mortal offense that you are still struggling to forgive.*

☞ Note: People can define their hurts in many different ways: one person sees sarcasm as mortal, whereas another sees it as marginal. KEY: both need forgiveness! p. 57, 58

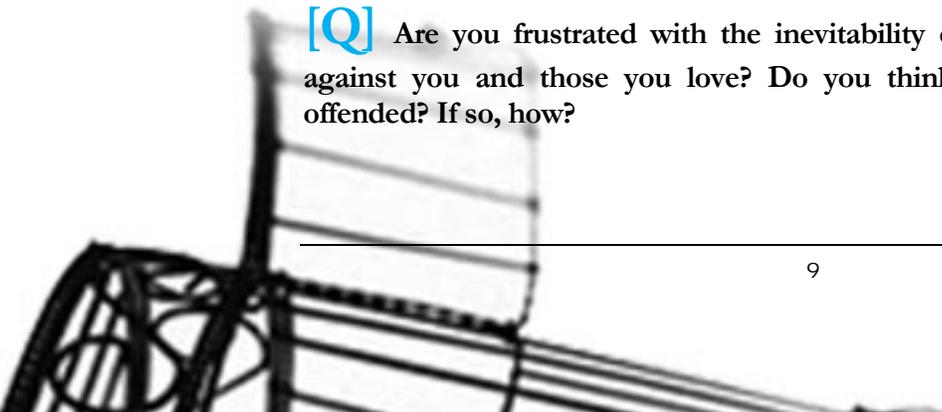
☞ Marginal offenses are still emotional storms that break a few tree branches in our internal landscape. p.58

☞ Being offended is inevitable; but staying offended is my choice. p.58



Matt. 18:7

**[Q]** Are you frustrated with the inevitability of offenses being committed against you and those you love? Do you think a person can avoid being offended? If so, how?





 Forgiveness is Always a Gift: we receive forgiveness by Faith and we give forgiveness by Faith. **WHAT IS A KEY COMPONENT?** p.59

 God gives us the gift of grace so that we can give the gift of forgiveness.



James 4:6

 Who is not a candidate for this gift of forgiving grace? **THE PROUD!** It is only for the humble. p. 59, 60

 To forgive is to gain God’s confidence; “lifting up the head” (Hebrew meaning of forgive). p. 61



Gen.50:17

**[Q]** When you’ve been offended, have you avoided people? What effect did this have?

**[Q]** Has someone come to mind that you may need to forgive? Has more than one person come to mind when considering “marginal” as well as “mortal” offenses?

**[Q]** When I was going through the “Hit List/Hurt List” on the DVD clip—did someone come to mind? (Write their initials here and pray for the willingness to begin the journey of forgiving freely)

 Hit List/Hurt List (from DVD Clip)

List of Possible Offenses against You or Those You Love

Rejection

Injustice

Humiliation

Belittling (critical parent, etc.)

Unfair Comparisons

Betrayal

Deprivation

Abuse (verbal, physical, sexual)

Abandonment (experienced by all children of divorce)

