

# Sermon Notes

## Power of the Word Part 5

### February 18<sup>th</sup> – 19<sup>th</sup>, 2023

- **Week 5: Forgiveness**
  - What if you could actually, finally, fully heal? From what they did, your past, from what was said.
  - There are some things you are holding on to that you will need to release for that to happen.
    - Inside of all of that, is the thing we call forgiveness.
- Receiving forgiveness for yourself and offering it to others is a non-negotiable in following Jesus.
  - Jesus died on the cross so we could be forgiven, redeemed, and empowered into a new way of living.
  - Just as importantly, Jesus teaches us to offer that forgiveness to others.
    - We are people of the cross. People of mercy, of forgiveness, of restoration, and of healing.
- Being forgiven by God and forgiving others are tied together in Scripture.
  - The Lord's prayer concludes with **Matthew 6:14-15**. **Mark 11:25** is the same idea.
    - Remember The 4 steps from **John 8:31-32**. Believe, Do, Know, Free.
      - Its ok to think of all 4 stages when obeying the Word. Freedom is coming.
  - Jesus very much expects us to forgive others. Two, maybe not so fun, Scripture references.
    - **Luke 17:1-10**. Mustard seed faith is the faith to forgive...again.
      - No party is thrown for the follower of Jesus who forgives. It is expected.
    - **Matthew 18:21-35**. Unmerciful servant. We don't get if we won't give.
      - Let v35 sit for a minute. Really?? Do you believe this?? Let's forgive.
      - My stoplight experience in Bemidji.
- Three things forgiveness is not:
  - 1) Submission to chronic abuse. Jesus turned the other cheek, but he also turned over the tables.
  - 2) Pretending it was nothing. Instead, it is releasing it to God. **Romans 12:19, Luke 17:1-2**
    - God sees you and what happened. He will bring justice.
  - 3) Easy. Forgiveness is not easy. Can be a long spiritual road to truly forgive.
- The Truth Will Set You Free.
  - Forgiving others is part of your personal healing process. Emotionally, spiritually, even physically.
    - MayoClinic.org benefits of forgiving someone: Healthier relationships. Improved mental health. Less anxiety, stress and hostility. Fewer symptoms of depression. Lower blood pressure. A stronger immune system. Improved heart health. Improved self-esteem.
    - Harpoon Story
- This dark world can be cruel. One day the Lord will straighten it out. But today you can be on the road to freedom from your guilt and shame as well as your bitterness and anger.
  - Closing Scripture: **Matthew 11:28-30**
    - Hurt and unforgiveness are a heavy burden you weren't meant to carry.
    - Let's give that burden to Jesus. Releasing it all.
    - Then we can walk in faith, carrying peace and freedom with us.
- Get personal prayer by emailing [prayer@goodhope.ag](mailto:prayer@goodhope.ag).