



A black and white photograph of two hands held palm up, fingers spread, against a dark background. A bright light source from above creates a soft glow on the palms and fingers. The word "FORGIVENESS" is written in a large, bold, red, hand-drawn font across the center of the image, partially obscuring the hands.

FORGIVENESS

WHAT IT IS NOT

It is not forgetting  
the sin

“And I will forgive  
their wickedness,  
and I will never  
again remember  
their sins.”

WHAT IT'S NOT



Hebrews 8:12 NLT

Forgiveness is not  
reconciliation

WHAT IT'S NOT





Not tolerating the sin

WHAT IT'S NOT



It is not seeking  
revenge

Dear friends, never  
take revenge. Leave  
that to the righteous  
anger of God. For  
the Scriptures say, “I  
will take revenge; I  
will pay them back,”  
says the Lord.

WHAT IT'S NOT

Romans 12:19 NLT

It is not sweeping it  
under the carpet

WHAT IT'S NOT



A grayscale photograph of two hands held palm up, fingers spread, against a dark background. A soft, circular light glow emanates from the center between the palms. Overlaid on the hands is the word "FORGIVENESS" in a large, bold, light blue, handwritten-style font.

FORGIVENESS

WHAT IT IS



It is a choice not a  
feeling

WHAT IT IS



# WHAT IT IS

It is letting a person off  
your hook and onto  
God's hook



# WHAT IT IS

It is allowing God to be who He is, a God of Justice

He is the Rock; his deeds are perfect. Everything he does is just and fair. He is a faithful God who does no wrong; how just and upright he is!

Deuteronomy 32:4 NLT

Part of forgiveness is  
accepting the  
consequences of their  
actions

WHAT IT IS





WHY?

**FORGIVE**



# WHY FORGIVE

If someone says, “I love God,” but hates a fellow believer, that person is a liar; for if we don’t love people we can see, how can we love God, whom we cannot see?



1 John 4:20 NLT

# WHY FORGIVE

and forgive us our sins, **as**  
**we have forgiven** those  
who sin against us.



Matthew 6:12 NLT

# WHY FORGIVE

Parable of the Unforgiving debtor



Matthew 18:21-35



# WHY FORGIVE

“I tell you, her sins—and they are many—have been forgiven, so she has shown me much love. But a person who is forgiven little shows only little love.”



LUKE 7:47 NLT

# WHY FORGIVE

Your relationship with God  
will be affected

“And when you stand praying,  
if you hold anything against  
anyone, forgive them, so that  
your Father in heaven may  
forgive you your sins.”



MARK 11:25-26 NLT

# WHY FORGIVE

“Do not judge others, and you will not be judged. For you will be treated as you treat others. The standard you use in judging is the standard by which you will be judged.



MATTHEW 7: 1-2 NLT



WHEN TO  
FORGIVE





How do we recognize it?

You still experience the past:

- The hurt
- The smells
- The pictures
- The face
- The fear
- The anxiety
- ...

WHEN TO

It wells up as bitterness  
or resentment

WHEN TO



You constantly wait for  
the “wheel to turn”



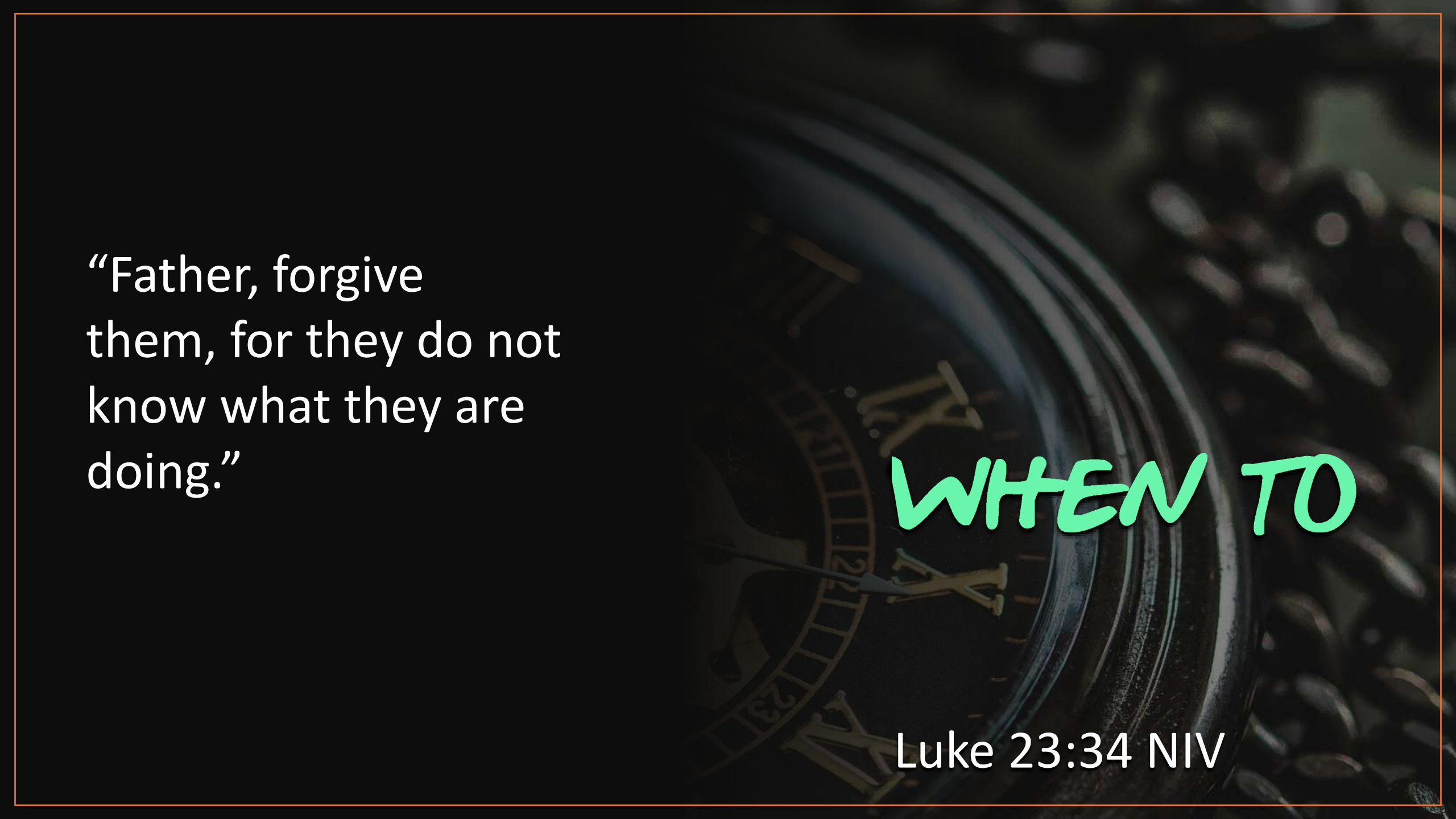
WHEN TO



When There is pain

WHEN TO





“Father, forgive  
them, for they do not  
know what they are  
doing.”

WHEN TO

Luke 23:34 NIV

Then Jesus said to his disciples, “If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me. If you try to hang on to your life, you will lose it.

WHEN TO

Matthew 16:24-26 NLT

But if you give up your life for my sake, you will save it. And what do you benefit if you gain the whole world but lose your own soul? Is anything worth more than your soul?

WHEN TO

Matthew 16:24-26 NLT



HOW TO

FORGIVE





- Be emotionally vulnerable to God
- Choose to forgive them for what they did and how it made you feel
- Realize it's not easy



HOW TO



