Podcast Worksheet
But I Don't Want to Forgive! Forgiveness is Good for the Soul

Scriptural Texts:
Psalm 50:6; Micah 6:8; Matthew 7:1-5; Colossians 3:13; 1 John 4:19

Main Points:

1. Forgiveness is choosing to accept and bear the painful consequences you received because of the actions of someone or a group of people.
2. The basis of forgiveness is the sacrifice Jesus made to cover our sins. Extending forgiveness is evidence that we accept and appreciate what Jesus did for us.
3. Pride is the core problem when we don't forgive, a false belief that we are qualified to judge.
4. We don't create justice when we hold ourselves on the hook of unforgiveness, instead we create endless pain for ourselves. Justice belongs to God, not to us.
5. Forgiveness is a choice of our will, not the result of our feelings.
6. Forgiveness is an act of mercy. No one ever deserves mercy, including us.
7. Unforgiveness is a form of self-protection, a futile attempt to guard or block the wound so it doesn't hurt any further.
8. Resentment and bitterness are poison to our heart and mind, making us and others miserable.
9. Nothing invalidates our suffering, including forgiveness. Our suffering matters.
10. Our suffering ends when we forgive our offenders and invite Jesus in to heal our wounded heart.
11. Forgiveness releases the weight of suffering, makes us mentally and physically healthier, restores our peace and joy, and increases our closeness with God.
12. Forgiveness is not optional, as far as God is concerned; he commands us to do this.

Questions:

1. What reasons, excuses, or false beliefs have held you back from forgiving your offenders?

2. List offenses you've received from others, ones that still cause you pain or that you have not been able to forgive.

3. What encouragement did you receive from this podcast to release your offenders to God?

Prayer of Response:
Lord God, forgive me for disrespecting the sacrifice you made to cover my sins when I withheld forgiveness from my own offenders. I realize I have acted in pride, trying to be my own god. I choose to accept and bear the painful consequences I have received from _____. I choose to forgive them and release them to you. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to _____

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