



“The Heart that Forgives” by Pastor Byron Stevenson

February 12, 2018 – Morning Inspiration

1. Romans 12 – Be not conformed to this world's way of thinking... **God wants you to prove something...**
 - a. what is good,
 - b. what is perfect,
 - c. what is acceptable,
 - d. what is in the perfect will of God.
2. Truth & Reality: **We're all going to be hurt by someone, somewhere, and at some time.**
 - a. It may be something someone says at work, or a parent or friend's broken promise, or it could be a spouse's unfaithfulness. In fact, it could be a number of different things.
3. These hurts may be...
 - a. Verbal in what others say or the names they may call you.
 - b. Non-verbal, such as people turning their backs on you, a lack of affection, or abuse.
4. When Peter came to Jesus asking how often he should forgive someone who does something wrong, Jesus basically told him to do it for as long as it takes saying we're to forgive up to seventy times seven, Matthew 18:21-22.
5. Another important truth - **forgiveness has nothing to do with forgetfulness.** In other words, I'm not talking about a **forgetting heart, but a forgiving heart.**
 - a. There's a myth that says forgiving is forgetting. “Forgive and forget,” they say.
 - b. It's a myth because every time we try to forget something all we do is end up remembering it.
 - c. So we'll be a lot happier when we're less forgetting and more forgiving.
6. And when we think about it this is God's way.
 - a. He forgives our sins; He doesn't forget them.
 - b. While the writer of Hebrews says that God will forgive and remember our sins no more, Hebrews 8:12, it's not that He forgets them.

- c. If God forgets anything it means He is no longer God, because God cannot forget.
 - d. Instead God chooses to no longer remember our sins against us. God keeps no ledger of our wrongs, and neither should we.
- 7. There is a price to be paid if we hold un-forgiveness.
 - a. Un-forgiveness is like an acid that eats away at our hearts,
 - b. Forgiveness is like a healing ointment, soothing raw, hurt, damaged, and wounded emotions.
- 8. We feel betrayed
 - a. When feel like we've been betrayed the first thing we generally want to do is to retaliate. We want others to pay for what they've done to us.
 - b. The only problem with retaliation is that it produces within us attitudes of hate, anger, bitterness, and resentment, and these attitudes simply don't work. In fact, **they're downright dangerous and unhealthy because they eat us alive.**
 - c. They are also unreasonable and illogical. Why we're home hurting and bitter, holding on to resentment over what they did, they're out having a good time, never giving our hurts, anger, bitterness and resentment another thought. **These attitudes only end up hurting us, and not those that have betrayed us.**
 - d. Un-forgiveness is sin.
- 9. Benefit Package - Deuteronomy 28:1-14
 - a. The benefit of forgiveness is Deuteronomy 28
 - b. "The Blessing" is tied to your ability to follow the commandments of Christ, that you "love one another"
- 10. The prayer for healing is that God would create in you a clean heart... Psalm 51...