

KEYS FOR FORGIVENESS

1. **Our attitude of heart** is more important than just having the correct formula! “Blessed are the pure in heart, they shall see God” (Matthew 5:8)
2. **Forgiveness is an act of humility** just as unforgiveness is the act of a proud heart. Therefore, brokenness is essential in any genuine act of forgiveness “a broken and a contrite heart I will not despise” (Psalm 51:17) “The sacrifices of God are a broken spirit; a broken and contrite heart, O God, You will not despise.”
3. **Negative emotions** (fear, bitterness, anger, revenge, hardness, arrogance, unwillingness) block the healing flow of forgiveness. Negative emotions must be broken by **an act of our will---** “**I choose** to forgive”. We move in truth and obedience to forgive, not emotion. We don’t have to feel good to forgive, because forgiveness is an **act** of faith, not feeling. **Forgiveness is not a feeling, it’s an action!** “we walk by faith, not by sight” (feelings).
4. **Renounce all ungodly desires for revenge** or punishment, both before and during forgiving.
 - **Renounce all your rights for Justice** in the situation and hand over judgment to God alone!
 - **Choose mercy** just as Jesus did for you when you justly deserve to be punished. “I will have mercy and not judgement”.

Micah 6:8 “He has told you, O man, what is good; and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?”

Isaiah 58:6 “Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?”

Isaiah 58:8 Then shall your light break forth like the dawn, and your healing shall spring up speedily; your righteousness shall go before you; the glory of the Lord shall be your rear guard”.

Matthew 7:1 “Judge not, that you be not judge”.

5. Be specific

- Name the person
- Name the offence
- Name the primary emotion – “How it made me feel at the time”
- Then cancel the debt completely! Just as Christ did for you.

6. **Repent** and renounce your own sins first. Yes, **your sin!** (Matthew 7:3). The greatest sin a Christian can commit is not to forgive! Bitterness, hatred and anger reveals the sin of unforgiveness hidden in the heart. Your unforgiveness is always a worse sin in God’s eyes than the offense you suffered.

Matthew 7:3 “Why do you see the speck that is in your brother’s eye, but do not notice the log that is in your own eye?”

Genesis 4:15 Then the LORD said to him, “Not so! If anyone kills Cain, vengeance shall be taken on him sevenfold.” And the Lord put a mark on Cain, lest any who found him should attack him.

Matthew 18:22-35 V35. “So also, my heavenly Father will do to every one of you, if you do not forgive your brother from your heart.”

7. **Continue to forgive** until the process is complete. **Don’t stop half way.** Your heart, mind and conscience must be completely cleansed until you can look your offender in the face with only the love of Jesus left. You can love the sinner, yet hate the sin.

Matthew 6:15 “but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

Isaiah 58:6, 8 “Undo the heavy burdens, let the oppressed go free, and break every yoke. Then your light shall break forth as the morning and thy health shall spring forth speedily.”



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