

# How Can I Grow Through Forgiveness?

Ephesians 4:31-32

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**The vertical forgiveness** – God giving us His approval by cancelling our debt and penalty of sin through Christ.

**The horizontal forgiveness** - Shining the forgiving love of God in Christ to others

Ephesians 4:26-27

## I. The analysis of the unforgiving heart- Sin nature

Ephesians 4:32

Genesis 3:5

A. I cannot forgive God

B. I cannot forgive myself

C. I cannot forgive others

Romans 8:1

## II. The analysis of the forgiving heart- Spiritual nature

Ephesians 4:32

Ephesians 3:16-17

## III. Implications of Biblical Forgiveness

A. You have no capability to forgive without God

Ephesians 4:32

B. You have no right to forgive others without God

Ephesians 4:32

Psalm 51:4

C. You have the responsibility to forgive, so that you can minister to others

Ephesians 4:32

1. When others offend you, help others to repent from their sin against God

Matthew 18:15

2. When you offend others, help others not to sin against God

Matthew 5:22-24

## IV. How can I grow through forgiveness?

Ephesians 4:32

A. Reason in your mind that God is judge

Ephesians 4:32

Romans 12:18

B. Realize your dark reactions of your sinful nature- pleasure or pain

Ephesians 4:32

C. Repent for your foundational desire to be God- Your desire to be God

Ephesians 4:32

D. Receive the light- forgiveness and love

Ephesians 4:32

E. Release the light- react in love

Ephesians 4:32

Romans 12:19

F. Repeat if you need to in the future

Ephesians 4:32

## **Forgiveness is not a feeling, but a promise**

-I promise, that I will not bring this matter up again with you

-I promise, that I will not bring this matter up again to myself

-I promise, that I will not bring this matter up again to others

-I promise, that I will do, what I've just done, again and again, until I can forgive like God in Christ