



ENDURING FORGIVENESS

ICEBREAKER: Silent Inventory

MAIN IDEA

Forgiveness isn't a moment; it's a daily choice, especially on the days it still hurts. It is a decision to forgive even when the wound is still remembered.

FORGIVENESS IS

- 1) Releasing the right to retaliate
- 2) Letting go of the debt you feel is owed
- 3) Trusting God with justice and healing

Scripture (NIV): Romans 12:19; Colossians 3:13

FORGIVENESS IS NOT

- 1) Excusing the behavior
- 2) Pretending it didn't hurt
- 3) Forgetting automatically
- 4) Reconciliation without repentance

Scripture (NIV): Luke 17:3; Proverbs 19:11

Yes No - Can I forgive someone without agreeing with what they did?

WHY DOES FORGIVENESS REQUIRE ENDURANCE?

- 1) Because the pain doesn't disappear instantly
- 2) Because memories resurface
- 3) Because healing is a process, not a switch
- 4) Because emotions often lag behind obedience

Scripture (NIV): Matthew 18:21-22; Galatians 6:9



ENDURING FORGIVENESS

Yes No - Am I willing to keep choosing forgiveness even when feelings return?

WHAT HAPPENS WHEN WE DON'T FORGIVE?

- 1) Bitterness takes root
- 2) Relationships stay strained
- 3) Peace is disrupted
- 4) We carry a burden we were never meant to hold

Scripture (NIV): Hebrews 12:15; Matthew 6:14-15

Yes No - Is unforgiveness costing me peace or freedom?

WHAT DOES ENDURING FORGIVENESS LOOK LIKE IN REAL LIFE?

- 1) Choosing not to rehearse the offense
- 2) Setting healthy boundaries
- 3) Continuing to pray, even when it's hard
- 4) Trusting God with timing and justice

Scripture (NIV): 1 Peter 4:8; Psalm 37:7

Yes No - Am I practicing forgiveness consistently, not just verbally?

FORGIVING YOURSELF

- 1) Releasing shame and self-condemnation
- 2) Accepting God's grace for past mistakes
- 3) Letting go of replaying old failures
- 4) Choosing healing over guilt

Scripture (NIV): 1 John 1:9; Romans 8:1

Yes No - Am I willing to receive the forgiveness God has already given me?