

# Understanding Forgiveness

**TGI Biblical Counseling & Discipleship Class**

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**THE GOSPEL  
INSTITUTE**

# Dealing with Guilt

## Godly vs. Worldly Sorrow

<sup>7b</sup>he [Titus] told us of your longing, your mourning, your zeal for me, so that I rejoiced still more. <sup>8</sup>For even if I made you grieve with my letter, I do not regret it—though I did regret it, for I see that that letter grieved you, though only for a while.<sup>9</sup>As it is, I rejoice, not because you were grieved, but because you were grieved into repenting. For you felt a godly grief, so that you suffered no loss through us. (2 Cor.7:7-9)

# Dealing with Guilt

## Godly vs. Worldly Sorrow

<sup>10</sup>For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death. <sup>11</sup>For see what earnestness this godly grief has produced in you, but also what eagerness to clear yourselves, what indignation, what fear, what longing, what zeal, what punishment! *At every point you have proved yourselves innocent in the matter.* (2 Cor. 7:9-11)

# Dealing with Guilt – Go to God

Reason  
 Remember  
*Repent*  
 Reject  
 Renew  
 Re-clothe  
 Rejoice

Consideration  
 Conviction  
 Contrition  
 Confession  
 Commitment  
*Change*

Mind  
 Will  
 Emotions

In thinking 1<sup>st</sup>



# Dealing with Guilt

## Godly vs. Worldly Sorrow

Glorify God (1 Cor. 10:31)

Get the log out (Mt. 7:3-5; Jn. 16:7-10)

Go be reconciled (Mt.5:21-26; Matt. 18:13; 1 Jn. 1:9)

Gently restore (Lu.17:1-3; Eph. 4:32; Jn. 17:22)

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# Dealing with Guilt

## Glorify God

- So, whether you eat or drink, or whatever you do, do all to the glory of God. (1 Cor. 10:31)
- <sup>7</sup>If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. <sup>8</sup>By this my Father is glorified, that you bear much fruit and so prove to be my disciples. <sup>9</sup>As the Father has loved me, so have I loved you. Abide in my love. <sup>10</sup>If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. <sup>11</sup>These things I have spoken to you, that my joy may be in you, and that your joy may be full. <sup>12</sup>“This is my commandment, that you love one another as I have loved you.(Jn. 15:7-12)

# Dealing with Guilt

## Get the Log Out

<sup>1</sup>“Judge not, that you be not judged. <sup>2</sup>For with the judgment you pronounce you will be judged, and with the measure you use it will be measured to you. <sup>3</sup>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? <sup>4</sup>Or how can you say to your brother, ‘Let me take the speck out of your eye,’ when there is the log in your own eye? <sup>5</sup>You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye. (Matt. 7:1-5)

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# Dealing with Guilt

## Go to the Person

<sup>23</sup>So if you are offering your gift at the altar and there remember that your brother has something against you, <sup>24</sup>leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift. (Mt. 5:23-24)

“If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over. (Mt. 18:15)

# Action of Seeking Forgiveness

(horizontal...reflecting humility)

1. Horizontal forgiveness should be initiated by the offender. Communicating forgiveness before the offender recognized and repents of his/her sin can rob the offender of the cleansing benefits of true repentance.
2. And Jesus said, “Father, forgive them, for they know not what they do.” And they cast lots to divide his garments. (Lu. 23:34)
3. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. (Eph. 4:32)

# Dealing with Guilt – Go to the Other Person Repent & Confess

1. Assume an attitude of humility
2. Address only those involved
3. Admit specific sins, don't generalize
4. Accept responsibility
5. Avoid excuses, “if”, “but”, “maybe”

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# Dealing with Guilt – Go to the Other Person Repent & Confess

6. Apologize (express genuine regret)
7. Ask for forgiveness, allow time
8. Accept consequences
9. Alter your behavior
10. Abort the temptation to hold others to your standards

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# Forgiveness is not an Option

And when ye stand praying, **forgive**, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses.

(Mk. 11:25 KJV)

Forbearing one another, and forgiving one another, if any man have a quarrel against any: even **as Christ forgave you**, **so also do ye**.

(Col. 3:13 KJV)

# When You've Been Sinned Against...

## Applying the 4 G's of Peacemaking

1. Glorify God (Ps. 37:1-6; Jn. 14:15; Mk. 11:25)
2. Get the log out of your eye first (Mt. 7:3-5)
3. Gently restore – instead of gossip, bitterness, pretending sin didn't happen. (Gal. 6:1-2)
4. Go and be reconciled – seek genuine peace and complete restoration. (Mt. 5:23-24; Eph. 4:1-3; Phil. 2:3-4)

# Defining Forgiveness

1. Forgiveness is a decision, (an act of the will, a choice), to “go on record” to release one’s offender from any culpability and/or responsibility to repay for the wrongs done.
2. Begins with self-examination (Mt. 7:1-5; Gal.6:1-2)
3. Response directly proportional to our grasp of God’s mercy to us (Eph.4:32; Mt.18:21-35).
4. Modeled after God (Eph.5:1; Mt.18:21-35).

# Defining Forgiveness

1. Is two-faceted

a. \_\_\_\_\_ (Vertical - heart-attitude of meek surrender to God's Sovereign orchestration of my "history" – Gen. 45 and 50:20; Lu. 1:38)

b. \_\_\_\_\_ (Horizontal - with others)

# The Attitude of Forgiveness

## (internal/vertical)

1. Relinquishes one's will to God (2 Sam. 16:10)
2. Reflects on one's own sins (1 Sam. 14:5)
3. Repents of one's own sinful responses  
(Ja. 1:20; Eph. 4:26)
4. Releases responsibility for judgment and  
revenge to God (**Mk. 11:25**; Rom. 12:19)
5. Restores relationship with God (1 Sam. 24:12)
6. Readies for restoration (Jacob/Esau Gen. 32)
7. Reflects God's forgiveness (**Lu. 23:34**; Acts 7)

# Action of Offering Forgiveness (horizontal...reflecting God)

1. Surrender of the will (Gen. 45:5; Esther 4:14)
2. Seeks reconciliation when offended
3. Seeks reconciliation when you offend another
4. Seeks reconciliation for others' good (2 Cor. 2:5-11)
5. Not offered until requested (Lu. 17:1-10)
6. Forgiveness is unlimited (Mt. 18:22 - 70 x 7)
7. Reflects God's forgiveness (Eph. 4:29-5:3)

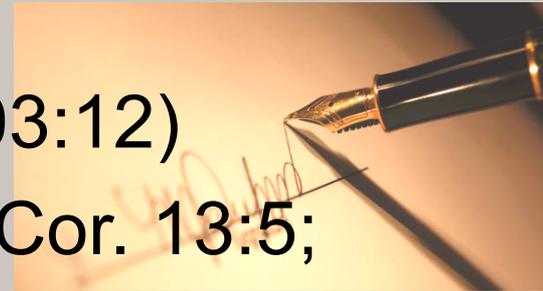
# Forgiveness is Going on Record

Forgiveness responds to the legal standing of guilt with a legal contract of 4 promises, (like God)

“I will not...” (Mt. 5:23-24)

1. *“bring this up again with you”* (Ps. 103:12)
2. *“bring this up again with others”* (1 Cor. 13:5; Ps. 130:3-4)
3. *“bring this up again with myself”, and dwell on it* (Jer. 31:34 “remember no more”)
4. *“let this hinder our relationship”* (1 Jn. 1:1:3-2:2)

Forgiveness is an instant promise/commitment,



# Forgiveness is Not...

1. **forgetting** - forgetting is passive; it is possible as a result of faithfully practicing biblical forgiveness.
  2. **accepting, minimizing or excusing** - forgiveness frankly acknowledges and honestly confronts sin.
  3. **a feeling**, it is an act of the will.
  4. **primarily for the benefit of the forgiver** - this is man-centered thinking; forgiveness is an act of obedience to a command for the glory of God and the good of the other person. (Eph. 4:29-5:2)
- As with all obedience, there is a fall-out of blessing.

# Forgiveness is Not...

5. **Easy** (Lu. 17:1-10)
6. **Granted to oneself** (this is never commanded, e.g. David, Jonah, Peter, Paul, the Prodigal, woman at the well, adulterous woman, Israel)
7. **Granted to God** (forgiveness is for *sin*, God cannot sin, he is HOLY, totally separate from sin; Lev. 11:44)
8. **Limited** (Luke 17:3-10)

# Failure to Forgive is Serious

Then his master summoned him and said to him, 'You wicked servant! I forgave you all that debt because you pleaded with me. And should not you have had mercy on your fellow servant, as I had mercy on you?' And in anger his master delivered him to the jailers, until he should pay all his debt. So also my heavenly Father will do to every one of you, if you do not forgive your brother from your heart." (Matt. 18:32-35)

# Refusing Forgiveness

<sup>5</sup>Afterward, David was conscience-stricken for having cut off a corner of his robe. <sup>6</sup>He said to his men, “The Lord forbid that I should do such a thing to my master, the Lord’s anointed, or lay my hand on him; for he is the anointed of the Lord.” <sup>7</sup>With these words David sharply rebuked his men and did not allow them to attack Saul. And Saul left the cave and went his way. (1 Sam. 24:6)

**Another person’s sins against you does not remove your responsibilities to obey God.**

# Blessing of Obedience

## *Walking in the Light (1 Jn. 1)*

1. “... complete joy.” (vs. 4)
2. “... fellowship with Him” (vs. 6)
3. “... fellowship with one another” (vs. 7)
4. “freed from guilt and shame “purifies us from all sin.” (vs. 7)
5. Assurance of salvation  
“you have eternal life.” (1Jn.5:13)

# Going Deeper

*Pursuing Peace*, Robert D. Jones

*The Peacemaker*, Ken Sande

*Choosing Forgiveness*, Nancy Leigh DeMoss

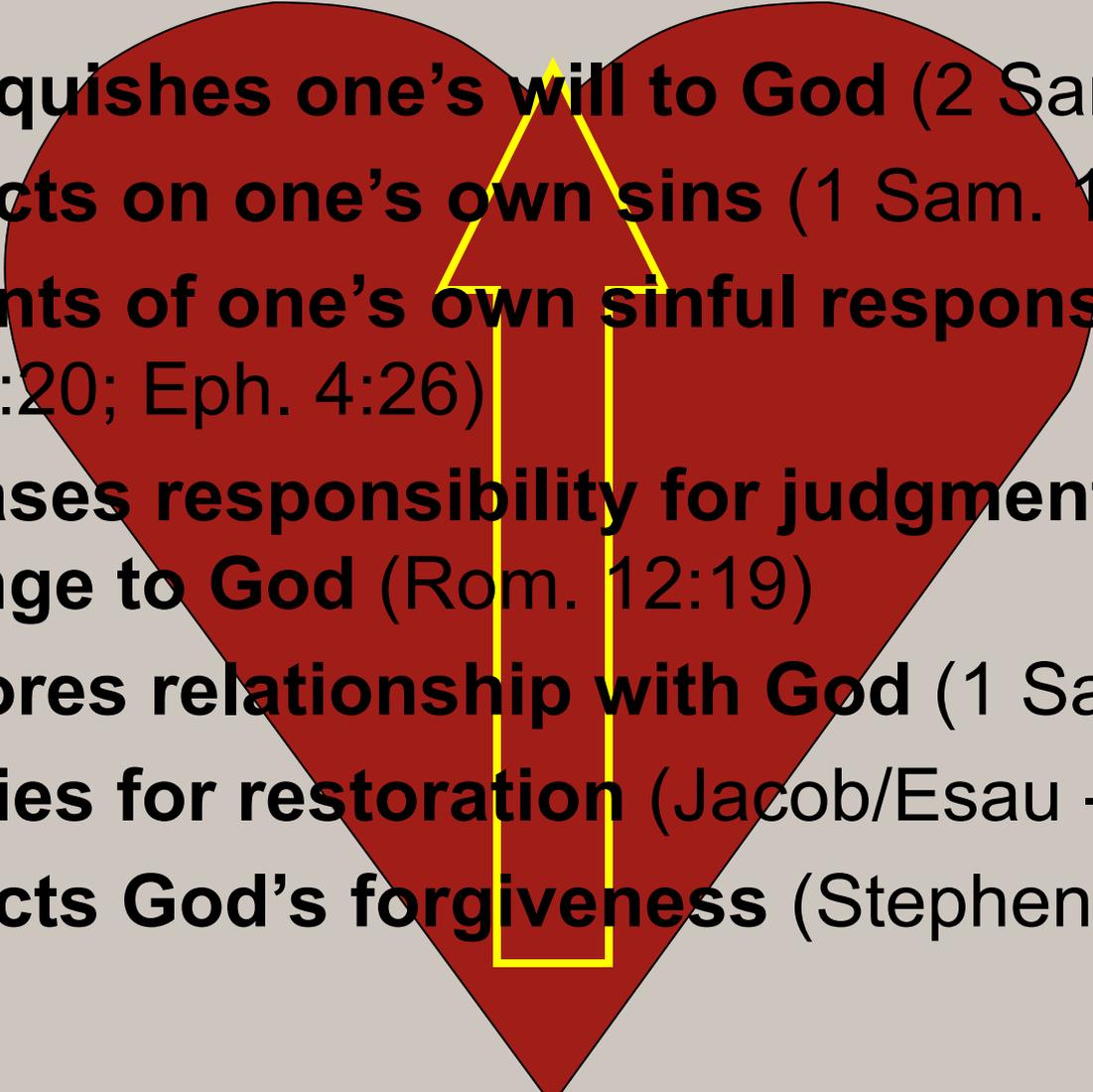
*From Forgiven to Forgiving*, Jay Adams

*The Freedom and Power of Forgiveness*, John MacArthur

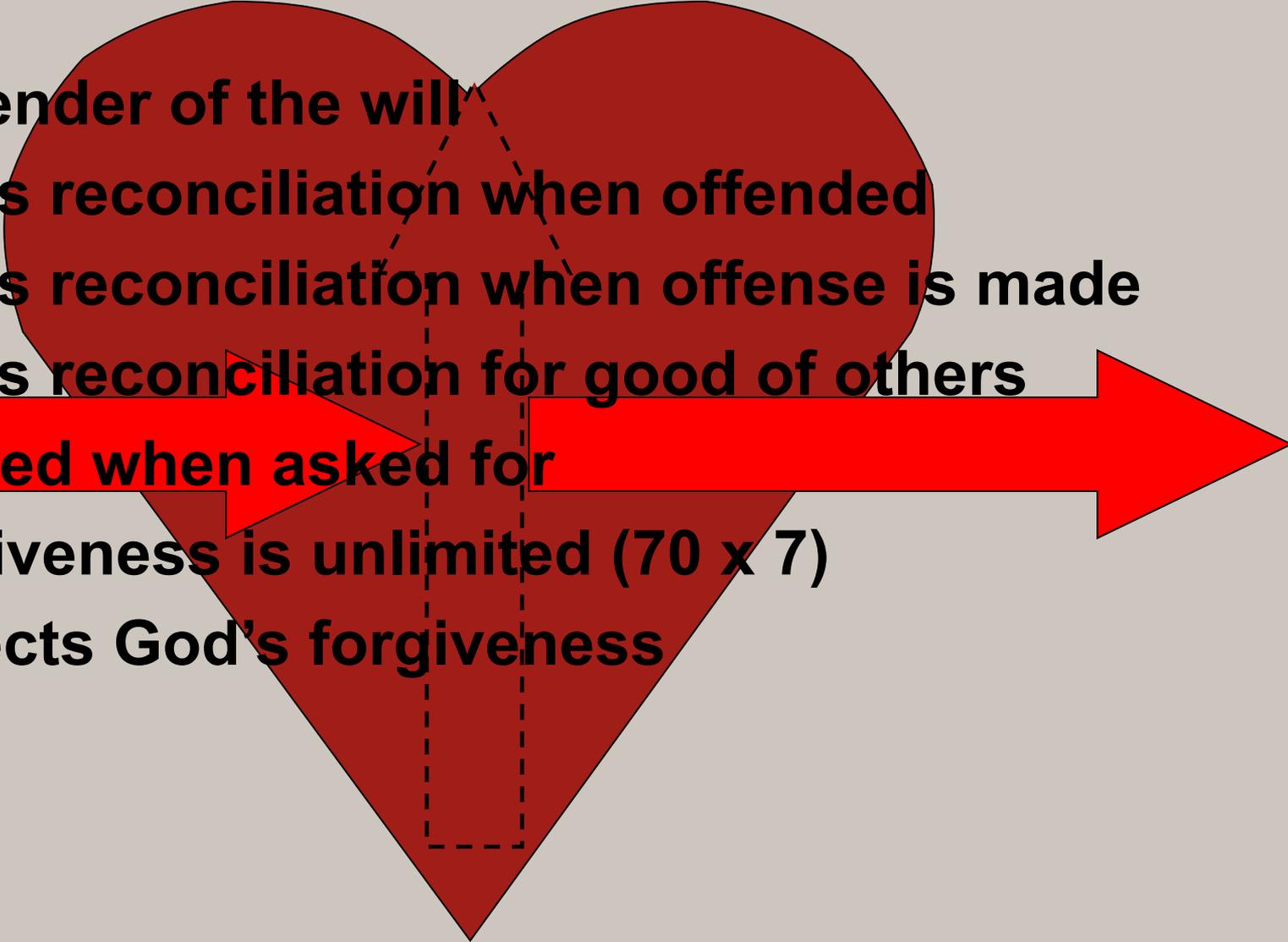
*Forgiveness, I Just Can't Forgive Myself*, Robert D. Jones

*Freedom from Resentment; Stopping Hurts from Turning Bitter*, Robert D. Jones

# The Attitude of Forgiveness

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  - 6. Readies for restoration (Jacob/Esau - Gen. 32)**
  - 7. Reflects God's forgiveness (Stephen - Acts 7)**
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# The Attitude of Forgiveness

1. Surrender of the will
  2. Seeks reconciliation when offended
  3. Seeks reconciliation when offense is made
  4. Seeks reconciliation for good of others
  5. Offered when asked for
  6. Forgiveness is unlimited (70 x 7)
  7. Reflects God's forgiveness
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