

Faith Fight Podcast - Forgiveness

Whether its forgiving someone else or yourself, forgiveness is an area the we need to practices in our lives in order to free ourselves or others from offences against us. Forgiveness is the intentional and voluntary process by which a someone undergoes a change in feelings and attitude and closes to let go of negative emotions such as vengefulness, recompense or any form of punishment towards the offender.

*Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. - **Colossians 3:13***

The key to forgiving others is remembering how much God has forgiven you. Is it difficult for you to forgive someone who has wronged you a little when God has forgiven you so much? Realizing God's infinite love and forgiveness can help you love and forgive others.

*Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. - **Ephesians 4:32***

This is the law of forgiveness as taught in the Gospels. We also see it in the Lords player. God does not forgive us because we forgive others, but solely because of his great mercy. As we come to understand his mercy, we want to be more like him. Having received forgiveness we should pass it on to others.

*If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. - **1 John 1:9***

If God has forgiven us for our sins because of Christ's death, why must we confess our sins? In admitting our sins and receiving Christ's cleansing we are:

1. Agreeing with God that our sin truly is sin and that we are willing to turn from it.
2. Ensuring that we don't conceal our sins from Him and consequently from ourselves.
3. Recognizing our tendency to sin and relying on his power to overcome it.

*"I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more. - **Isaiah 43:25***

How tempting it is to remind someone of a past offense when you are in an argument with that person. But when God forgives our sins He totally forgets them. We never have to fear that He will remind us of them later. Because God forgives our sin, we need to forgive others.

*"Come now, let us settle the matter," says the Lord. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool. - **Isaiah 1:18***

The stain of sin seems permanent, but God can remove sin's stain from our lives as he promised to do for the Israelites. We don't have to go through life permanently soiled. God's word assured us that if we are willing and obedient; Christ will forgive and remove our most permanent stains.

*For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us. - **Psalm 103:11-12***

East and west can never meet. This is a symbolic portrait of God's forgiveness. When He forgives our sin, he separates it from us and doesn't even remember it. We need never wallow in the past because God's forgives and forgets. If we are to follow God, we must model his forgiveness. When we forgive someone else, we must also forget the sin. Otherwise, we have not truly forgiven.

*So he got up and went to his father. "But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him. - **Luke 15:20***

In this story, the father watched and waited for his son to return. God's love is constant, patient and welcoming. He will search for us and give is an opportunity to respond but He will not force us. Like the father in mentioned in this verse, God waits patiently for us to come to our senses and is willing to forgive us when we ask.

*"The older brother became angry and refused to go in. So his father went out and pleaded with him. But he answered his father, 'Look! All these years I've been slaving for you and never disobeyed your orders. Yet you never gave me even a young goat so I could celebrate with my friends. But when this son of yours who has squandered your property with prostitutes comes home, you kill the fattened calf for him!' - **Luke 15:28-30***

In this story of the prodigal son, the fathers response is contrasted with the older brothers response. The Father forgave because he was filled with love. The older son refused to forgive because he was bitter about the injustice of it all. His resentment rendered him just as lost to the fathers love as his younger brother was. Don't let anything keep you from forgiving others. If you are refusing to forgive people, you are missing a wonderful opportunity to experience joy and share it with others.

*For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. - **Matthew 6:14-15***

It is easy to ask God for forgiveness but it can be difficult to grant it to others. Whenever we ask God to forgive us our sins, we should ask ourselves, "Is there anyone that I am in need of forgiving?"

Weekly Prayer Plan – Forgiveness

How to Use this Template:

Download and save this document to begin using at the beginning (Monday) of every week. Every Week will have different bible verses to meditate on based on the Faith Fight Podcast episode topic for that week. Determine the time and place that you will devote to prayer. The below structure is set for one hour and is only used as a guide. You can adjust your timing if necessary.

Time: _____

Place: _____

5 min – Drawing Near To God

5 min – Confession

10 min – God-Centered Petitions

10 min – Intercessory Prayer

10 min – Personal Petitions

15 min – Meditation

5 min – Praise, Thanksgiving & Closing

1. **DRAWING NEAR TO GOD** - Matt. 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name”

God the Father is the focus of all our prayers. We should never forget what a privilege it is to bend our knees on earth and reach almighty God in heaven.

Psalm 95:6 - Come, let us worship and bow down, Let us kneel before the LORD our Maker.

Isaiah 6:3 - And one called out to another and said, "Holy, Holy, Holy, is the LORD of hosts, The whole earth is full of His glory."

Psalm 84:1-2 - How lovely are Your dwelling places, O LORD of hosts! My soul longed and even yearned for the courts of the LORD; My heart and my flesh sing for joy to the living God.

2. **CONFESSION** - Matt. 6:12 “Forgive us our sins as we forgive those who sin against us”

When we repent and forgive others, we maintain fellowship with God. But if we hold grudges, that fellowship is broken. God loves to answer our prayers when the lines of communication are not disrupted.

Psalm 51:1-2 - Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin.

1 John 1:9 - If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Acts 3:19 - Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.

James 4:8 - Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.

3. **GOD CENTERED PETITIONS Matt 6:10** "Your kingdom come. Your will be done, On earth as it is in heaven."

Prayer should reflect a desire to align ourselves with God's goals and purposes, not to get Him to follow our plans.

Job 22:21 - "Submit to God and be at peace with him; in this way prosperity will come to you.

Psalm 40:8 - I delight to do Your will, O my God; Your Law is within my heart."

Romans 12:1-2 - Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

4. **PERSONAL PETITIONS Matt 6:11** "Give us today our daily bread."

We are dependent upon the Lord for our needs and He wants us to come to Him with our requests.

Matt 7:7-8 - Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. ⁸For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

Matt 6:8 - Do not be like them, for your Father knows what you need before you ask him.

James 4:2 - You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. **You do not have because you do not ask God.**

5. **MEDITATION Joshua 1:8** "Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful."

Meditation is thinking about the word of God to understand what it means in the context of the scripture and how it can apply to your life today. The Word of God is powerful enough to still be relevant in your life today even though it was written thousands of years ago.

Read through the scripture passages for today as listed below:

Meditational Verses

Monday: Ephesians 4:17-32

Tuesday: Colossians 3:12-14

Wednesday: 1 John 1

Thursday: Matthew 6:9-15

Friday: Isaiah 43:25

Saturday: Luke 15:11-32

Sunday: Psalm 103

Once you have read the scripture for today, write down your answer to the questions below or any other insight/revelation that you receive in your prayer journal.

1. Is there a promise to claim?
2. Is there a lesson to learn?
3. Is there a blessing to enjoy?
4. Is there a command to obey?
5. Is there a sin to avoid?
6. Is there a new thought to carry with me?

- 6. PRAISE & THANKSGIVING 1 John 5:14-15** “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

We can end our prayer time with confidence that God has heard our prayer and will answer in His perfect timing. Demonstrate your faith in Him by showing thanks before you see the answer to your prayers.

Psalm 136:1 - Give thanks to the Lord, for he is good, for his steadfast love endures forever.

Philippians 4:6-7 - Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Psalm 103:1-5 - Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s.