

**FAMILY LIFE CHURCH OF THE VALLEY
RIVERSIDE COUNTY**

**REFERENCE: FROM THE BOOK OF RICK WARREN
TITLE: 40 DAYS OF LOVE
SESSION FOUR: LOVE IS FORGIVING**

**KEY VERSES: LOVE...DOESN'T KEEP A RECORD OF WRONGS THAT OTHERS DO.
1 CORINTHIANS 13: 5 (CEV)**

A Test of Love

The ultimate test of love is how you respond when somebody hurts you.

FORGIVENESS QUIZ

- T F A person should not be forgiven until they ask for it.
- T F Forgiveness includes minimizing the offense and the pain that was caused.
- T F Forgiveness includes restoring trust and reuniting a relationship.
- T F You haven't really forgiven others until you have forgotten the offense.

1. Forgiveness is not _____ of the offense.

Being wounded and being wronged are two different things.

- Being wounded is accidental.
- Being wronged is intentional.

2. Forgiveness is not _____ without changes.

- Forgiveness is instant, but trust must be built over a long period of time.
- Forgiveness takes care of the damage done by "letting the person off the hook," but does not guarantee the relationship will be restored.

To restore a relationship, the offender must:

- Demonstrate _____.
- _____ wherever possible.
- _____ over time.

LOVE IS FORGIVING (con't)

If a person repeatedly wrongs you, you are obligated by God to forgive that person. But you are not obligated to trust that person, to let them continue to hurt you, or to instantly restore the relationship.

Three Steps of Forgiveness

1. I relinquish my _____.

Never avenge yourselves. Leave that to give, for he has said that he will repay Those who deserve it.

Romans 12:19 (TLB)

You don't hurt the other person with your resentment—you're only hurting yourself.

Three reasons to forgive others:

- God has _____.
- Bitterness makes you _____.
- You are going to need _____ in the future.

The Lord's Prayer says,

"Forgive us our debt, as we forgive our debtors."

Matthew 6:12 (NKJV)

2. I respond to evil _____.

27 Do good to those who hate you, 28 bless those who curse you, pray for those who mistreat you."

Luke 6:27-28 (NIV)

Do not be overcome by evil, but overcome evil with good.

Romans 12:21 (NIV)

LOVE IS FORGIVING (con't)

3. I _____ as long as necessary.

21” Lord, how often should I forgive someone who sins against me? Seven times? 22 “No, not seven times,” Jesus replied, “but seventy times seven!”
Matthew 18:21-22 (NLT)

Remember, the Lord forgave you, so you must forgive others.
Colossians 3:13 (NLT)

Don't try to forgive on your own power. Recognize and accept God's forgiveness of you. Then ask for his strength and power to go through you to forgive others.

Discovery Questions

1. Turn to the true/false quiz on page 1. Were you surprised that all of the answers were false? Which “false” seemed to be most “true” for you? Why?

2. Share a story of forgiveness you have witnessed, or share a story of how a person responded to evil with good. What did that mean to you? How did it make you feel?

3. Focus on the why of the next question—not who offended you or the details of what they did: Why is it so hard to forgive people who have hurt you? How will it affect you if you don't forgive? How will it affect you if you do forgive?

Putting It into Practice The One Person Assignment

Forgiveness is often a two-way street—we need to ask for and offer it. The following questions can be hard to ask, but they are critical to your spiritual and emotional health. Right now, ask yourself, “Who do I need to ask to forgive me? “ Who do I need to forgive?”