

# How To Forgive From The Heart

## Matthew 18:21-35

<sup>21</sup> Then Peter came and said to Him, "Lord, how often shall my brother sin against me and I forgive him? Up to seven times?" <sup>22</sup> Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven." (18:21-22)

### Why I Must Learn to Forgive?

<sup>23</sup> For this reason the kingdom of heaven may be compared to a king who wished to settle accounts with his slaves. <sup>24</sup> When he had begun to settle them, one who owed him ten thousand talents was brought to him. <sup>25</sup> But since he did not have the means to repay, his lord commanded him to be sold, along with his wife and children and all that he had, and repayment to be made. <sup>26</sup> So the slave fell to the ground and prostrated himself before him, saying, "Have patience with me and I will repay you everything." (18:23-26)

### 1. Because God Has Forgiven Me .

<sup>27</sup> And the lord of that slave felt compassion and released him and forgave him the debt. <sup>28</sup> But that slave went out and found one of his fellow slaves who owed him a hundred denarii; and he seized him and began to choke him, saying, "Pay back what you owe." <sup>29</sup> So his fellow slave fell to the ground and began to plead with him, saying, "Have patience with me and I will repay you." <sup>30</sup> But he was unwilling and went and threw him in prison until he should pay back what was owed. (18:27-30)

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

### 2. Because Resentment Makes Me Miserable .

<sup>32</sup> Then summoning him, his lord said to him, "You wicked slave, I forgave you all that debt because you pleaded with me. <sup>33</sup> Should you not also have had mercy on your fellow slave, in the same way that I had mercy on you?" <sup>34</sup> And his lord, moved with anger, handed him over to the torturers until he should repay all that was owed him. (18:32-34)

### 3. Because I Need God's Mercy and Life.

My heavenly Father will also do the same to you, if each of you does not forgive his brother from your heart. (18:35)

<sup>14</sup> For if you forgive others for their transgressions, your heavenly Father will also forgive you. <sup>15</sup> But if you do not forgive others, then your Father will not forgive your transgressions. (Matt 6:14-15)

## Do I Need To Forgive Anyone?

### The Blame Test

### The Bitterness Test

### The Behavior Test

You can either rehearse hurts or release them!