



“LOSING THE WEIGHT OF UNFORGIVENESS”

Ephesians 4:31-5:2

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Christian Center of Salem
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FORGIVING THE SMALLER IRRITATING OFFENSES...

1. Choose to overlook them

“A man’s wisdom gives him patience; it is to his glory to overlook an offense.”

Proverbs 19:11, NIV

2. Practice active confession

“Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? How can you say to your brother, ‘Brother, let me take the speck out of your eye,’ when you yourself fail to see the plank in your own eye? You hypocrite, first take the plank out of your eye, and then you will see clearly to remove the speck from your brother’s eye.”

Luke 6:41-42, NIV

“Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

Psalms 139:23-24, NIV

3. Actively accept God’s grace

“Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.”

Ephesians 5:1-2, NIV

4. Learn to grace others

“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Ephesians 4:31-32, NIV

FORGIVING THE BIGGER DEVASTATING OFFENSES...

Fact #1: Forgiveness is for my freedom

“Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.”

Matthew 6:12-15, NIV

“If you forgive anyone, I also forgive him. And what I have forgiven – if there was anything to forgive – I have forgiven in the sight of Christ for your sake, in order that Satan might not outwit us. For we are not unaware of his schemes.”

2 Corinthians 2:10-11, NIV

Fact #2: Forgiveness is not an emotion, it is a decision