



THE LOVE CHALLENGE
Part 8 – Love Is Forgiving
I Corinthians 13:5

Pastor Mark Hartman
February 28, 2010

1 Corinthians 14:1 Let **love** be your greatest **goal**.

I. HOW DO WE RELEASE OUR HURT?

A. **Admit** that it exists.

Job 7:11 "I can't be quiet. I'm angry and I'm bitter. I have to speak."

Job 10:1-2 (TEV) "Listen to my bitter complaint. Don't condemn me God."

B. Be **realistic** about those who hurt you.

C. Release your **offender**.

Job 42:10 "After Job prayed for his three friends, God made him prosperous again and gave him twice as much as he had before."

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

1. Why can you release your offender?

a. God deals with people in **discipline**.

Romans 12:19 "Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord."

b. God promises to turn the offense around to become a **blessing** for you.

Romans 8:28 “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

c. Remember that we haven’t exactly been squeaky clean either and God **forgave** us.

Matthew 7:1-2 “Do not judge, or you too will be judged. [2] For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.”

2. Forgiveness addresses the damages that have been done and **walks away** from it.

a. Real forgiveness relinquishes attempts to **get even**.

b. Real forgiveness decides to respond to evil with **good**.

c. Real forgiveness decides to **let it go**.

Luke 6:27-28 “Do good to those who hate you, bless those who curse you and pray for those who mistreat you.”

3. Restoration requires the offender to do three things:

a. Demonstrate genuine repentance. **Repentance** means a change of lifestyle.

b. To make restitution whenever possible for the damage done.

c. To rebuild **trust** over time.

D. **Re-focus** your life.

Job 11:13-16 “...devote your heart to God and stretch out your hands to Him, 14 if you put away the sin that is in your hand and allow no evil to dwell in your tent, 15 then you will lift up your face without shame; you will stand firm and without fear. 16 You will surely forget your trouble, recalling it only as waters gone by.”

*Sometimes, releasing the pain is a **process**.*

*Sometimes forgiveness is **layered**.*

