

TOUCHING THE INVISIBLE

Part 6 – Moving Beyond My Hurt
Matthew 6:12 & 14

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1. AFTER BEING HURT, **WHY** SHOULD I FORGIVE?

A. God has already **forgiven me**.

1. *Colossians 3:13* You must make allowance for each other's faults and forgive the person who offends you. Remember, the Lord forgave you, so you must forgive others.
2. When I have been forgiven and have **accepted** that forgiveness then it's easier for me to forgive others.

B. Resentment **hurts me** more than the offender.

1. *Job 18:4* You who tear yourself to pieces in your anger...
2. *Job 18:4 (Living Bible)* You are only hurting yourself with your anger...
3. *Proverbs 14:17* A quick-tempered man acts foolishly...
4. All the studies have shown that physically, emotionally and psychologically, anger always hurts us **more** than it hurts the other person.

C. I will need forgiveness in the **future**.

1. *Matthew 6:14 For **if** you forgive men when they sin against you, your heavenly Father will also forgive you.*
2. *Mark 11:25 And when you stand praying, if you hold anything against anyone, forgive him, **so that** your Father in heaven may forgive you your sins.*
3. *I John 1:9 says to Christians, If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.*
4. God's forgiveness for fellowship is directly dependent upon **our willingness** to forgive others.
5. Forgiveness is given but trust is **earned**.

2. WITH FORGIVING OTHERS BEING SO IMPORTANT, HOW DO WE GET OVER A HURT?

A. Refuse to **Retaliate**.

1. *Proverbs 20:22 Don't take it on yourself to repay a wrong. Trust the Lord and he will make it right.*
2. There's only one antidote to resentment, to getting over a hurt. God says it's **forgiveness**.
3. *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. Refuse to **meditate** on the offense.

1. *Ephesians 4:26 In your anger do not sin": Do not let the sun go down while you are still angry,*
2. *Ephesians 4:26 (Living Bible) Don't sin by nursing your grudge. Don't let the sun go down with you still angry. Get over it quickly.*
3. How can we keep from meditating on an offense? **Refocus** our mind.
4. *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.*

C. **Forgive Them** Whether They Ask or Not.

1. *Ephesians 4:32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*
2. When you start forgiving you will stop **hurting**.

D. Do good to them.

1. *Luke 6:27, 28, 35 Love your enemies. Do good to those who hate you. Bless those who curse you. Pray for those who mistreat you and you'll have a great reward.*

2. The end result of taking the high road?

a. The best way to beat an enemy is to love him.

b. When I am loving my enemy, I am more like God than at any other time.

Luke 6:35 But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be sons (mature children) of the Most High, because he is kind to the ungrateful and wicked.

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