R		WHAT IS FORGIVENESS? Forgiveness is the heartfelt decision to release the person who hurt you from the obligation incurred when you were mistreated.
	F	Components of Forgiveness (from Smedes)
Е	О	1. Acknowledging that something really <i>HURT</i> : Forgiveness is about those hurts and wrongs that we don't deserve that really matter. They
C	R	really hurt. Don't use the word for trifles, mistakes, and accidents. For these, just say, "I'm sorry" or "please excuse me."
	G	2. Owning and feeling my <i>ANGER</i> : The God designed feeling when we are really hurt wrongfully ("that's not right!" or "that's not
О	I V	the way it should be") is ANGER. God did not intend for us to be abused. When we are badly betrayed, wronged, mistreated, the correct feeling is anger. To try to not be angry is to say, "I don't matter." Godly anger is to be angry about something that God would also be angry at.
N	E	But we are to not sin in our anger (Eph 4: 26) Anger is aimed at what persons do. Hate is aimed at persons. Anger keeps bad things from happening again to you. Hate wants bad things to happen to him. Anger pushes for justice. Hate pushes to vengeance
	N	3. Being willing to let go and <i>HEAL</i> :
С	Е	Deciding (an act of the will) to "let them off my hook" and turn them over God's justiceTo see the person as more than just the one who wronged you; to see them through God's eyes: wounded and hurting too.
I	S	To realize the truth of the parable in Matt. 18: 21-35. —Just how great is my sinThe truth of Luke 15 The Prodigal Son and how great is God's love for all the lost.
L	S	Forgiveness is being willing to set the hurt aside, to choose to NOT relate to that person on the basis of the wrong they did to you. Sin caused a big obstacle to be there in the way of the relationship. I relate to that person on the basis of the wound. Now I choose to start fresh, to look at them on the basis of whom they are today. This is what God does. When we are forgiven in Christ, he looks at us fresh and clean.
I	С	Components of Contrition
A	0	CONFESSION —they must take ownership of what they have done and admit it with no excuses, no "I did it, but", no blaming, no minimizing or rationalizing. No superficial,
	N	"I'm sorry." Ps. 51: 17, 32; Is. 66: 2b
Т	Т	GODLY SORROW—Understanding the hurt that I have caused another. How have I hurt the heart of God and this person (2 Cor. 7: 9-11)? I need to be able to convey to the person I
	R	hurt that I have some understanding, empathy for the damage I have caused, the depths of the wounds, and be able to convey that to the one offended.
I	I	REPENTENCE —A change of mind and action. I agree with God and the other that what I did was wrong and I commit to a change of behavior. The behavior must be genuine,
	T	reasonably consistent, and sustained over a period of time to be able to earn TRUST. Changed behavior without Confession and Genuine Sorrow is usually not enough to restore
О	I	the relationship. The behavior may never be trusted.
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A. Forgiving is HONEST:

About what happened About Ourselves
About the responsibility of the person who committed the wrong
About their accountability About future possibilities

About the price of any reunion About the person who wounded us

In forgiveness, I:

- --Rediscover the humanity of the Person who hurt me.
- --Revise my thoughts toward the person I forgive.
- --Surrender my right to get even. I give up on vengeance, but I don't give up on justice
- --Forgiving is not about staying with people who are hurting us.
- --Forgiveness is risky.
- --"Forgiveness is agreeing to live with the consequences of another person's sin. Forgiveness is costly. You pay the price of the evil you forgive.
- --Forgiveness involves living with unfairness. When you have been wronged, it is always unfair. There are only two responses: vengeance/bitterness and forgiveness.
- --Forgiveness is FOR YOU. Your need to forgive is **not** an issue between you and the offender; it is between you and God. (Trust and Safety are issues regarding the other person.)
- "The person who hurt us should not be the person who decides whether or when we should recover from the pain he brought us." p. 91 (Jesus forgave on the cross as a man, not God. Father forgive them.)

B. A Decision and a Process

- --Earlier definition said that Forgiveness is the heartfelt decision to release the person who hurt you from the obligation incurred when you were mistreated.
- --Take time because you need to see if the situation is safe. "We are hard put to forgive someone who is still battering us." Pull back and estab. Safety if possible. But what if can't? Trust God to death? John Piper idea of how we complete the sufferings of Christ, even to showing our love all the way to death.
- --But don't take too long. Else our rage settles into our whole experience. It becomes who I am. I become my bitterness. If I forgave I would not know who I am.

Forgiveness is not tolerating the wrong behavior, just dealing with the person.

We are not excusing the behavior; we are forgiving the person.

Intolerable behavior is forgiveable.

Forgiving the intolerable does not make it tolerable

Forgiving it does not mean we intend to put up with it.

C. What do others see in us? What is the power of forgiveness to impact others?