



**Sermon Outline**  
**April 18, 2021**  
**Pastor Bryan Myers**

**How to Know You  
Have Forgiven**

**Psalm 103:1-3a, 8-12**

*98% of the personal turmoil we feel about life comes because we do not know how to forgive.*

## **Our 5-week roadmap to total forgiveness:**

**Week 1** - What Is Total Forgiveness

**Week 2** - How to Know You Have Forgiven

**Week 3** - What Happens When You Don't Forgive

**Week 4** - When You Need to Forgive Yourself

**Week 5** - When You Have Forgiven Totally

### **\* What forgiveness is not:**

1. Forgiveness is not simply ignoring a wrong.
2. Forgiveness is not condoning or excusing a wrong.
3. Forgiveness is not the same as reconciling.

**Definition:** *Forgiveness is the conscious decision to let go of resentment or vengeance toward someone you feel has harmed you in some way.*

**\* Forgiveness is releasing someone from the emotional \_\_\_\_\_ they owe.**

**Matthew 6:12** - And forgive us our debts, as we also have forgiven our debtors.

**Our example of forgiveness is \_\_\_\_\_.**

**Colossians 3:13** - Bear with each other and forgive one another if any of you has a grievance against someone.

***Forgive as the Lord forgave you.***

*To err is human; to forgive, divine. – Alexander Pope*

## **What does God's forgiveness look like?**

**Psalm 103:1-3a** - Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins...

**Psalm 103:8-12** - The Lord is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will he harbor his anger forever; he does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us.

*Everyone says forgiveness is a lovely idea, until they have something to forgive. - C.S. Lewis*

### **\* How to know you have forgiven:**

**1. When the hurt begins to \_\_\_\_\_.**

**Proverbs 14:30a** - A heart at peace gives life to the body...

**Ephesians 4:31** - Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

**2. When you can bless instead of \_\_\_\_\_.**

**Romans 12:14** - Bless those who persecute you; bless and do not curse.

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

**3. When the \_\_\_\_\_ has left the room.**

**Romans 12:18** - If it is possible, as far as it depends on you, live at peace with everyone.

*The first to apologize is the bravest.  
The first to forgive is the strongest.  
The first to forget is the happiest.*