



Sermon Outline
April 25, 2021
Pastor Bryan Myers

What Happens When
You Don't Forgive?

Ephesians 4:31-32

To forgive is to set a prisoner free and discover that the prisoner was you. – Lewis B. Smedes

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

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

*** Myths about forgiveness:**

- 1.** To forgive, I must _____ forgiving.
- 2.** To forgive is to _____.
- 3.** When I forgive, I only have to do it _____.

*** For a Christ follower, forgiveness does not appear to be _____.**

Ephesians 4:31-32 - 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.

What happens when you don't forgive?

1. You compromise your relationship with _____.

Unforgiving People Can Become...

Prideful, resentful, bitter, lonely, fearful, joyless, exhausted, irrational, self-destructive, indifferent to helpful advice, emotionally dead, self-righteous, hopeless, spiritually bankrupt.

2. You compromise your relationships with _____.

Unforgiving People Can Become...

Angry, vengeful, hostile, judgmental, defensive, blaming, violent, manipulative, non-communicative, untrusting, self-absorbed, negative, cynical, stubborn.

3. You compromise your relationship with _____.

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

*** God's forgiveness is intended to enable you to _____ forgiveness.**

Mark 11:25 - And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins.

*** You are not saved by works, but salvation does a _____ in you.**

A forgiveness prayer: *God, I admit I can't forgive _____ on my own. Please help me. Help me to understand how much you have forgiven me, so I can forgive the person who has hurt me.*