

## Cardiac 9-1-1

### #4: I Need A Heart That Forgives

**Hebrews 12:15** *Be careful that none of you fails to respond to the grace which God gives for if he does there can very easily spring up in him a bitter spirit which is not only bad in itself but can also poison the lives of many others.*

### How To Forgive People Who Hurt You

#### 1. Understand what \_\_\_\_\_

What it's NOT

- \*Pretending \_\_\_\_\_
- \*Condoning the behavior
- \*Resuming a relationship \_\_\_\_\_
- \*Forgetting what happened

What it IS

- \*Putting \_\_\_\_\_

**Romans 12:19** *Never avenge yourselves. Leave that to God for He has said that He will repay those who deserve it.*

#### 2. Start \_\_\_\_\_

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) Repeat \_\_\_\_\_
- e) Repay \_\_\_\_\_

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

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

## 3 Steps toward Reconciliation

- 1) repentance, demonstrating genuine repentance
- 2) restitution where and when possible
- 3) rebuilding trust. Rebuilding trust takes time.

## Stages of Grief

- \*Shock and denial
- \*Pain and guilt
- \*Anger and bargaining
- \*Depression, loneliness, reflection
- \*Acceptance and hope

## Goal when grieving your losses

T = To accept the reality of the loss

E = Experience the pain of the loss

A = Adjust to the new environment without the lost object

R = Reinvest in the new reality

*"Love keeps no record of wrongs."* 1 Cor. 13:5 (NIV)

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For instance, if you have been in a relationship where you were married to an alcoholic, abusive spouse and they really hurt you repeatedly over and over, and that person comes home and says, "I'm sorry will you forgive me," you say, "Yes, I forgive you" because God commands you to forgive. Forgiveness is instant. But if they say, "Now, will you let me back in the house" you say, "That's a different issue. We need to have some progress here first. You need to get some counseling. Sign up for Celebrate Recovery. You need to develop a track record to show there's some genuine change." While forgiveness is based on grace, trust is earned.