

Matthew 18:32–34 (NLT) ³² Then the king called in the man he had forgiven and said, 'You evil servant! I forgave you that tremendous debt because you pleaded with me. ³³ Shouldn't you have mercy on your fellow servant, just as I had mercy on you?' ³⁴ Then the angry king sent the man to prison to be tortured until he had paid his entire debt.

Mark 11:25-26 (NKJV) ²⁵ "And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. ²⁶ But if you do not forgive, neither will your Father in heaven forgive your trespasses."

Forgiveness is not the plan of salvation, *it is the proof of salvation*

¹ I can't forgive this, it's too big. ² Time will heal it ³ I'll forgive when they say they are sorry. ⁴ I can't forgive if I can't forget ⁵ **If I forgive they will just do it again**

Unforgiveness chains us to the past, poisons the present, and keeps us from what the Lord has for our future.

Ephesians 4:22–24 (NLT) ²² throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. ²³ Instead, let the Spirit renew your thoughts and attitudes. ²⁴ **Put on your new nature, created to be like God—truly righteous and holy.**

Ephesians 4:25–32 (NLT) ²⁵ So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. ²⁶ **And "don't sin by letting anger control you." Don't let the sun go down while you are still angry,** ²⁷ **for anger gives a foothold to the devil.** ²⁸ If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. ²⁹ **Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.** ³⁰ **And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption.** ³¹ Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. ³² Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Ephesians 4:31–32 (NLT)

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Luke 17:3-4 (NKJV) ³ Take heed to yourselves. If your brother sins against you, rebuke him; and if he repents, forgive him. ⁴ And if he sins against you seven times in a day, and seven times in a day returns to you, saying, 'I repent,' you shall forgive him."

"Hatred corrodes the container it is carried in." Senator Alan Simpson at George H.W. Bush's funeral

Wrath, rage, is a constant stoking of the fire, making sure the fire never dies.

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¹ Damaging emotions are eliminated. ² Kindness is extended ³ Tenderheartedness reflects God's heart ⁴ Forgive as God forgave you.

1. I will not bring it up to the person anymore

2. I will not bring it up to others anymore

3. I will not bring it up to myself anymore