

The POWER of FORGIVENESS—Lesson Seven

Springfield Baptist Church

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What is the power of forgiveness? Forgiveness does not mean you are weak or soft. In fact, it means you are _____

_____. The power of forgiveness on behalf of the offender is that it releases them from the debt they knowingly or unknowingly owe. You should release the person because you love God, but there are also _____

What are the benefits to forgiveness?

1. It releases me to _____. Examine: 1 John 1:1-2. Many reputable sources have noted the health benefits of forgiveness. Studies indicate some benefits include: _____

Unforgiveness puts your body in constant fight or flight mode.

2. It releases me from anxiety. Examine: Philippians 4:6. The APA defines anxiety as _____. How did Jesus deal with anxiety? Examine: Matt. 26:36-45. Don't think because you prayed about it one time, you can just walk away.
3. It releases me from _____. Examine: Ephesians 4:31-32. When you are bitter you are looking for a reason to be offended. A bitter person refuses to be reconciled. Examine: Hebrews 12:14 & 15.
4. Forgiveness can improve my relationship with God. Forgiveness reminds us that we _____. Examine: Psalm 139:23-24.

Let's examine the story of Saul and David. This encounter between Saul and David demonstrates several different aspects that allow us to see the power of forgiveness. It also gives us some insight on how to handle forgiveness the right way.

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CONTINUED

Examine: 1 Samuel 24.

1. Be careful _____.

Examine: 1 Samuel 24:2-7. David is ready to move on, _____.
_____. Don't spread your issues with other
people around to everybody.

2. Rely on the Holy Spirit to _____.

Examine: 1 Samuel 24:4-6. In a moment of weakness, David cuts off the corner
of Saul's robe. As a result, David was stricken. Don't _____
_____.

3. Stay firm on the fact that you have decided to forgive. David released Saul. Ex-
amine: 1 Samuel 24:8-13. David realized if he did to Saul what Saul had done to
him, it would turn David into what he despised. _____
_____.

4. The situation resulted in Saul seeing _____.

_____. Saul had to
acknowledge that God's hand was on David's life. Out of this situation God got
the glory.