

# Forgiveness

## Part 3

### Forgiving What We Can't Forget

#### Introduction

Feelings feeding the resistance that holds us back from forgiveness.

"If healing hasn't been worked out and forgiveness hasn't been walked out then chaos is what will continue to play out" Lysa Terkurst

#### 1) Why Forgiveness is essential Even When It's Hard

- A. God's word commands it.
- B. Unforgiveness chains you.
- C. Forgiveness sets you free.

#### 2) What ifs of Forgiveness

- A. What if I just can't forgive them?
  - Forgiveness is a process
  - Forgiveness is a decision
  - God can empower you
  - Jacob & Esau
- B. What if they never apologize?
- C. What if there was sexual, physical, emotional abuse?
  - What does the law say?
  - Realize forgiveness and reconciliation are different.
  - Components of reconciliation.
    - A. Forgiveness
    - B. Two willing hearts
    - C. Taking responsibility
    - D. Heart change/repentance
    - E. Rebuild trust

#### Conclusion

#### The Beauty of Forgiving Lysa Terkurst