

IDENTITY CRISIS
FINDING YOUR TRUE IDENTITY IN CHRIST
I AM FORGIVEN
Ephesians 4:25-32

LESSON AIM-To help believers recognize and appreciate the gift of forgiveness.

WHAT IS FORGIVENESS?

The Greek word translated as Forgiveness is “*Aphesis*”

- To release from bondage or imprisonment.
- Pardon of sin or wrongdoing.
- To let a person go as if they have never hurt you.

PRINCIPLES OF FORGIVENESS

- ◆ **YOU ARE FORGIVEN IN CHRIST-**Psalms 103, Rom 7, Rom 8:1
- ◆ **YOU CAN FORGIVE IN CHRIST-**Heb 12:1, Col 3:13, Matt 18:21-22, 1 Pet 3:8-9

WHAT FORGIVENESS IS

- **FORGIVENESS IS CANCELLING A DEBT OWED TO YOU-**In forgiving others, you relinquish your right to make them repay that debt.
- **FORGIVENESS IS REMOVING THE CONTROL YOUR OFFENDER HAS OVER YOU-**As long as your offenders remain unforgiven, they continue to loom in your life with an emotional presence.
- **FORGIVENESS IS GIVING A GIFT TO YOUR OFFENDER AND YOURSELF-**Forgiveness includes reduced stress, anxiety, blood pressure, and other physical benefits.
- **FORGIVENESS IS FORSAKING REVENGE-**Revenge may temporarily placate our rage, but it can never undo a wrong.
- **FORGIVENESS IS LEAVING ULTIMATE JUSTICE TO GOD-**In forgiving, we don't neglect justice, but rather, we trust God for perfect justice and get out from between the sinner and God.
- **FORGIVENESS IS OFTEN AN ONGOING PROCESS**
- **FORGIVENESS IS WANTING GOOD FOR YOUR OFFENDER-**In forgiving our offenders, we change from wanting them to suffer and pay to wanting them to repent and change by God's grace.

WHAT FORGIVENESS IS NOT

- **FORGIVENESS IS NOT DENYING THAT THE SIN OCCURRED**
- **FORGIVENESS IS NOT ENABLING SIN**-To forgive is not to allow offenders to be stuck in their cycle of sin. We can forgive while still being truthful about someone's behavior.
- **FORGIVENESS IS NOT FORGETTING**
- **FORGIVENESS IS NOT COVERING UP SIN COMMITTED AGAINST US**
- **FORGIVENESS IS NOT TRUST**-Forgiveness takes a moment, but trust is built over time.
- **FORGIVENESS IS NOT RECONCILIATION**-It takes one sinner to repent and one victim to forgive, but it takes both to reconcile.