



## HOW TO LIVE THROUGH A BAD DAY

Part 1 – Be Forgiving  
March 5, 2017

(Hebrews 12:2) Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before Him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

(Hebrews 12:2 MSG) Keep your eyes on Jesus, who both began and finished this race we're in. Study how He did it. Because He never lost sight of where He was headed—that exhilarating finish in and with God—He could put up with anything along the way: cross, shame, whatever. And now He's there, in the place of honor, right alongside God.

### Principle #1

(Luke 23:34) Jesus said, "Father, forgive them, for they do not know what they are doing."

\_\_\_\_\_ everyone who's trying to ruin your life.

### Sources of Unforgiveness

✓ \_\_\_\_\_

✓ \_\_\_\_\_

✓ \_\_\_\_\_

✓ \_\_\_\_\_

✓ \_\_\_\_\_

(Hebrews 2:17-18 MSG) That's why He had to enter into every detail of human life. Then, when He came before God as high priest to get rid of the people's sins, He would have already experienced it all Himself—all the pain, all the testing—and would be able to help where help was needed.

### Forgiveness is Not...

✓ \_\_\_\_\_ the seriousness of the offense.

✓ Instant \_\_\_\_\_ of trust.

✓ Resuming the relationship without \_\_\_\_\_.

### Be Forgiving

(1 Peter 2:23 LB) When Jesus suffered, He did not threaten to get even; He left His case in the hands of God...

1. Forgive them because \_\_\_\_\_.

(Matthew 6:15) For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.

2. Forgive them without \_\_\_\_\_.

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

3. Forgive them \_\_\_\_\_.

(Luke 11:4) Forgive us our sins, for we also forgive everyone who sins against us.

4. Forgive them because \_\_\_\_\_.

(Ephesians 6:12) For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.



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### Principle #1

(Luke 23:34) Jesus said, "Father, forgive them, for they do not know what they are doing."

Forgive everyone who's trying to ruin your life.

### Sources of Unforgiveness

- ✓ Betrayal
- ✓ False accusation
- ✓ Rejection
- ✓ Abuse
- ✓ Humiliation

(Hebrews 2:17-18 MSG) That's why He had to enter into every detail of human life. Then, when He came before God as high priest to get rid of the people's sins, He would have already experienced it all Himself—all the pain, all the testing—and would be able to help where help was needed.

### Forgiveness is Not...

- ✓ Minimizing the seriousness of the offense.

- ✓ Instant restoration of trust.
- ✓ Resuming the relationship without changes.

### Be Forgiving

(1 Peter 2:23 LB) When Jesus suffered, He did not threaten to get even; He left His case in the hands of God...

1. Forgive them because I need forgiveness.

(Matthew 6:15) For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.

2. Forgive them without condition.

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

3. Forgive them in advance.

(Luke 11:4) Forgive us our sins, for we also forgive everyone who sins against us.

4. Forgive them because they are victims too.

(Ephesians 6:12) For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.