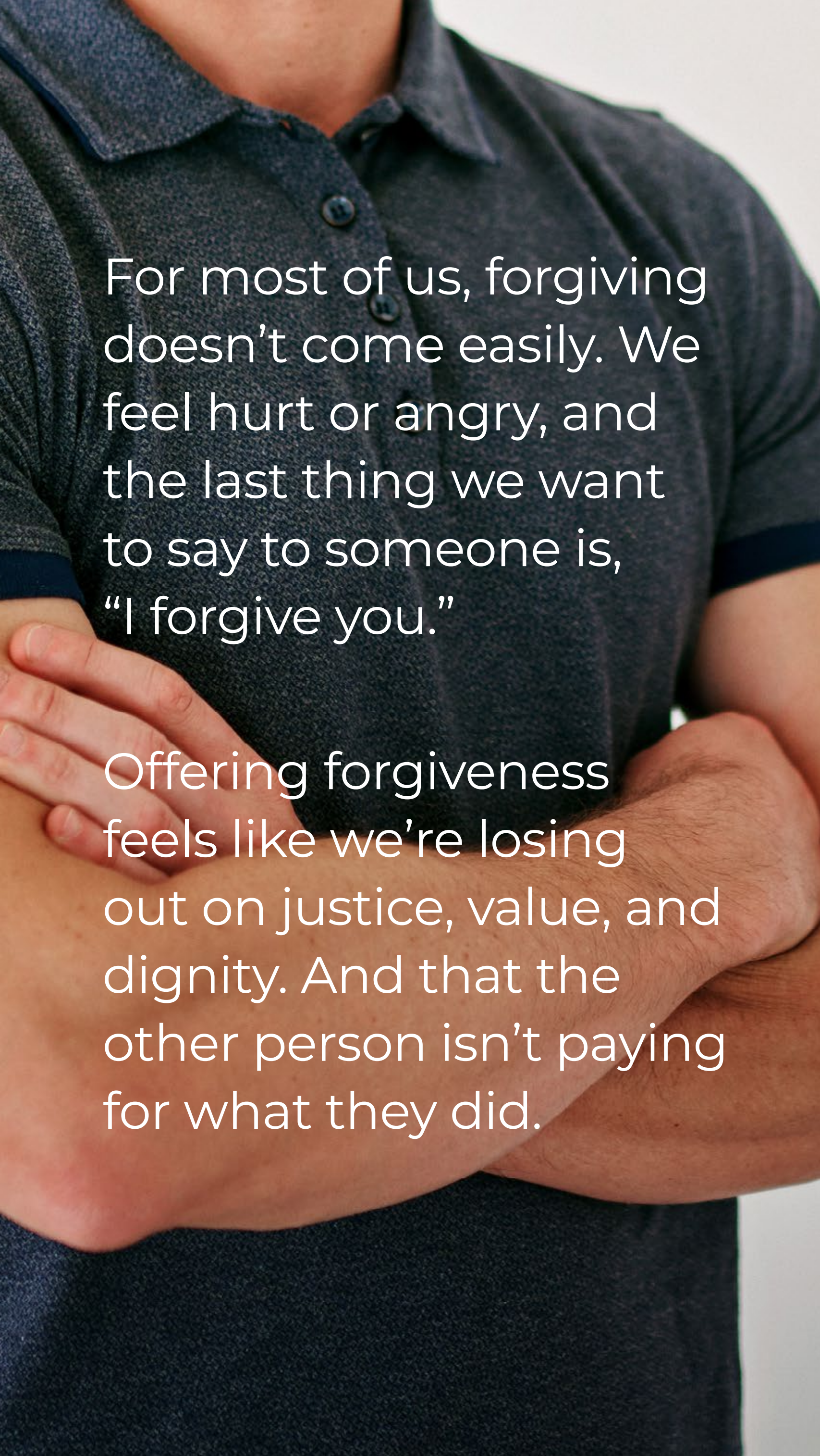


Forgiveness





For most of us, forgiving
doesn't come easily. We
feel hurt or angry, and
the last thing we want
to say to someone is,
"I forgive you."

Offering forgiveness
feels like we're losing
out on justice, value, and
dignity. And that the
other person isn't paying
for what they did.



But we also know that holding onto those negative feelings isn't the answer, either. We can feel those emotions rotting us on the inside, turning us into bitter, hardened, or angry people.

So, how can we move forward? How can we choose to forgive someone we're still angry with? How can we stop clutching onto the anger and hate?

The Bible tells us the key to forgiving people who we don't think deserve to be forgiven is by looking in the mirror.

We don't deserve God's forgiveness—and yet He offers it to us in Jesus!

The Bible says that when we believe that Jesus absorbed the anger and punishment we deserve for sinning against God, then we'll find we can forgive others, too.

When we see, understand, and accept what Christ did for us, it changes us from the inside out. It helps us let go of the need to cling to the pain and hurt—and choose to forgive.

NOTE: tap on the Bible references to read the verses in context using the NewLife app or online at www.newlife.bible

A close-up, low-angle shot of a woman with dark, curly hair. She is looking upwards and to the right with a gentle smile. The background is a soft-focus outdoor scene with green foliage and a warm, golden light. The text "We've Been Forgiven" is written in a white, cursive script across the lower half of the image.

*We've Been
Forgiven*

What is causing the quarrels and fights among you? Don't they come from the evil desires at war within you?

You want what you don't have, so you scheme and kill to get it. You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them.

JAMES 4:1-2

“But the Lord our God is merciful and forgiving, even though we have rebelled against him.”

DANIEL 9:9

Where is another God like you,
who pardons the guilt of the
remnant,
overlooking the sins of his
special people?

**You will not stay angry with
your people forever,**
because you delight in
showing unfailing love.

MICAH 7:18

But—When God our Savior
revealed his kindness and love,
he saved us, not because of the
righteous things we had done,
but because of his mercy.

**He washed away our sins,
giving us a new birth and new
life through the Holy Spirit.**

TITUS 3:4-5

*We Should
Forgive*



Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.

Instead, be kind to each other, tender-hearted, forgiving one another, **just as God through Christ has forgiven you.**

EPHESIANS 4:31-32

“If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.”

MATTHEW 6:14-15



...“don’t sin by letting
anger control you.”

Don’t let the sun go down while
you are still angry, for anger
gives a foothold to the devil.

EPHESIANS 4:26-27

Make allowance for each other’s
faults, and forgive anyone who
offends you. **Remember,
the Lord forgave you, so
you must forgive others.**

COLOSSIANS 3:13



A photograph showing two hands, one with a darker skin tone and one with a lighter skin tone, clasped together in a supportive grip. The hands are positioned at the bottom of the frame against a dark, vertically-grained wooden background. The person with the lighter skin tone is wearing a light green, textured knit sweater. The text "The God of Peace" is written in a white, elegant script font, centered over the upper half of the image.

The God of Peace

So how do we actually forgive people? How do we fight the anger and frustration that comes so naturally? Where do we find the moral and spiritual fortitude to resist anger?

The only answer is the gospel—the truth that we, deserving God's wrath, have been forgiven so we can forgive others, even when we don't think they deserve our forgiveness.

When we look at the example of Jesus—how He forgave everyone who either betrayed, abandoned, beat, and crucified Him—that's when we realize we have Someone who can show us the way to forgiveness.

“The LORD did not set his heart on you and choose you because you were more numerous than other nations, for you were the smallest of all nations!

Rather, it was simply that the LORD loves you, and he was keeping the oath he had sworn to your ancestors.”

DEUTERONOMY 7:7-8

“So watch yourselves! If another believer sins, rebuke that person; then if there is repentance, forgive.

Even if that person wrongs you seven times a day and each time turns again and asks forgiveness, you must forgive.”

LUKE 17:3-4

On the night when he was betrayed, the Lord Jesus took some bread and gave thanks to God for it.

Then he broke it in pieces and said, “This is my body, which is given for you. Do this in remembrance of me.”

In the same way, he took the cup of wine after supper, saying, “This cup is the new covenant between God and his people—an agreement confirmed with my blood. Do this in remembrance of me as often as you drink it.”

1 CORINTHIANS 11:23-25

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