

Forgiveness Quiz

A person should not be forgiven until he asks for it. T F

Forgiving includes minimizing the offense and the pain caused. T F

Forgiveness includes restoring trust and reuniting a relationship. T F

You haven't really forgiven until you've forgotten the offense. T F

HOW TO MAKE IT THROUGH A BAD DAY Real Life Notes

"Choose Forgiveness"

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Luke 23:32-33

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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. (Hebrews 12:2 MSG)

1. People can cause you to have a bad day.

- 1) Betrayal
- 2) False Accusations
- 3) Rejection
- 4) Abuse
- 5) Humiliation

That's why Jesus 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. (Hebrews 2:17-18 MSG)

2. Forgive every person who is trying to ruin your life.

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

1) Talk to God.

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

See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many. (Hebrew 12:15)

2) Forgive people because you need forgiveness.

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. (Matthew 6:14-15)

3) Forgive people because they are hurt people.

Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. (Colossians 3:13)

(Read: Matthew 26:14-27:56; Mark 14:12-15:41; Luke 22:1-23:49; John 13-19)