

Here is a **simplified, pointwise handout** for your Bible Study on the topic of **Forgiveness – Learning to Release**.

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## **Forgiveness – Learning to Release**

*A Christ-like Character Study – Bible Study Handout*

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### **1. What is Forgiveness?**

- Forgiveness is a **core part of Christian life**.
  - It means:
    - To let go
    - To release a debt
    - To send away resentment
  - It's like **untying a boat and letting it float away**.
  - Forgiveness is **not optional** — it's a command from Jesus.
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### **2. What Did Jesus Say About Forgiveness?**

- **Matthew 6:12 (Lord's Prayer):**

“Forgive us our debts, as we forgive our debtors.”

- **Matthew 18:** Parable of the unforgiving servant.
- **Mark 11:24–26:**

“When you pray, forgive... so your Father in heaven will forgive you.”

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### **3. Paul's Teaching on Forgiveness**

**Ephesians 4:31–5:1 (AMP):**

- Let go of bitterness, anger, and resentment.
  - Be kind, tender-hearted, and **forgive freely**, just like God forgave you.
  - Be imitators of God.
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### **4. Why Do We Forgive?**

“We have been forgiven a debt we cannot pay — our sin. Because of God's forgiveness, we can forgive others.”

– David Stoop

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## ✗ 5. Common Myths About Forgiveness

### ✗ False Belief

### ✓ Truth

Forgiving means **condoning** the wrong Forgiveness ≠ Approval of the wrong

We must “**forgive and forget**”

You can forgive and still remember, without pain

Forgiveness must be **quick**

It's a **process** – take time and heal

Forgiveness = **reconciliation**

Forgiveness is required, reconciliation is conditional

◆ Reconciliation needs **repentance** from the offender – Matthew 18:15–17

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## 🚫 6. What Forgiveness is NOT

- It is **not excusing sin**
  - It is **not denying the pain**
  - It is **not forgetting** the offense automatically
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## ✓ 7. What Forgiveness IS

- A **choice** of your will
  - A **spiritual act of faith**
  - Letting go of your “right” to get even
  - Releasing the debt and trusting God
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## 🔍 8. Steps to Forgiveness

1. **Recognize the offense as sin**
2. **View the offense through the Cross**
  - Jesus paid for that sin (Colossians 2:13–14)
3. **Make the decision to forgive**
4. **Repent of bitterness or unforgiveness (1 John 1:9)**
5. **Forgive yourself**
6. **Speak forgiveness aloud**

“I forgive [Name] for [specific offense]... I give the ground I've held back to Jesus.”

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## 9. Forgiveness is a Process

- Choose to forgive today.
  - Walk it out by **faith**, step-by-step.
  - Don't link new offenses to old ones — forgive fresh each time.
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## 10. The Danger of Unforgiveness

“Unforgiveness is like drinking poison and waiting for your enemy to die.”

- Sowing to the flesh leads to destruction (Gal. 6:7–8)
  - Unforgiveness causes:
    - Bitterness
    - Guilt and depression
    - Physical illness
    - Satanic strongholds
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## 11. Offense is a Trap

- Satan's bait is offense.
  - Don't grab it — it's like holding a high-voltage wire.
  - You need **God's help** to let go.
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## 12. Shine with Forgiveness

“You can't control others — but you can control your reaction.”  
Start your day by forgiving in advance!

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## 13. Biblical Examples of Forgiveness

- **Joseph** forgave his brothers (Genesis 45)
  - **Job** forgave and prayed for his friends (Job 42)
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#### 14. Everyday Examples

- Be the first to say, “I’m sorry”
  - Don’t repeat the offense to others
  - Go directly to the person (Matt. 18:15)
  - Pray for those who mistreat you (Matt. 5:44–45)
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#### 15. God’s Promises for the Forgiving Heart

 **Promise**

 **Scripture**

The Father will forgive you Matthew 6:14

Peace and righteousness James 3:14–18

Eternal life Galatians 6:7–8

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