

Spiritual Disciplines

ATTENTION WITH INTENTION

Forgiveness
(Break the Cycle)

James 4:1-3

¹ What causes fights and quarrels among you? Don't they come from your **desires that battle within you?**

² You desire but do not have, so you kill. **You covet but you cannot get what you want, so you quarrel and fight.** You do not have because you do not ask God.

³ When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.





Enemies of the Heart

(Andy Stanley)

Guilt: I Owe You

Anger: You Owe Me

Greed: I Owe Me

Jealousy: God Owes Me



Enemies of the Heart

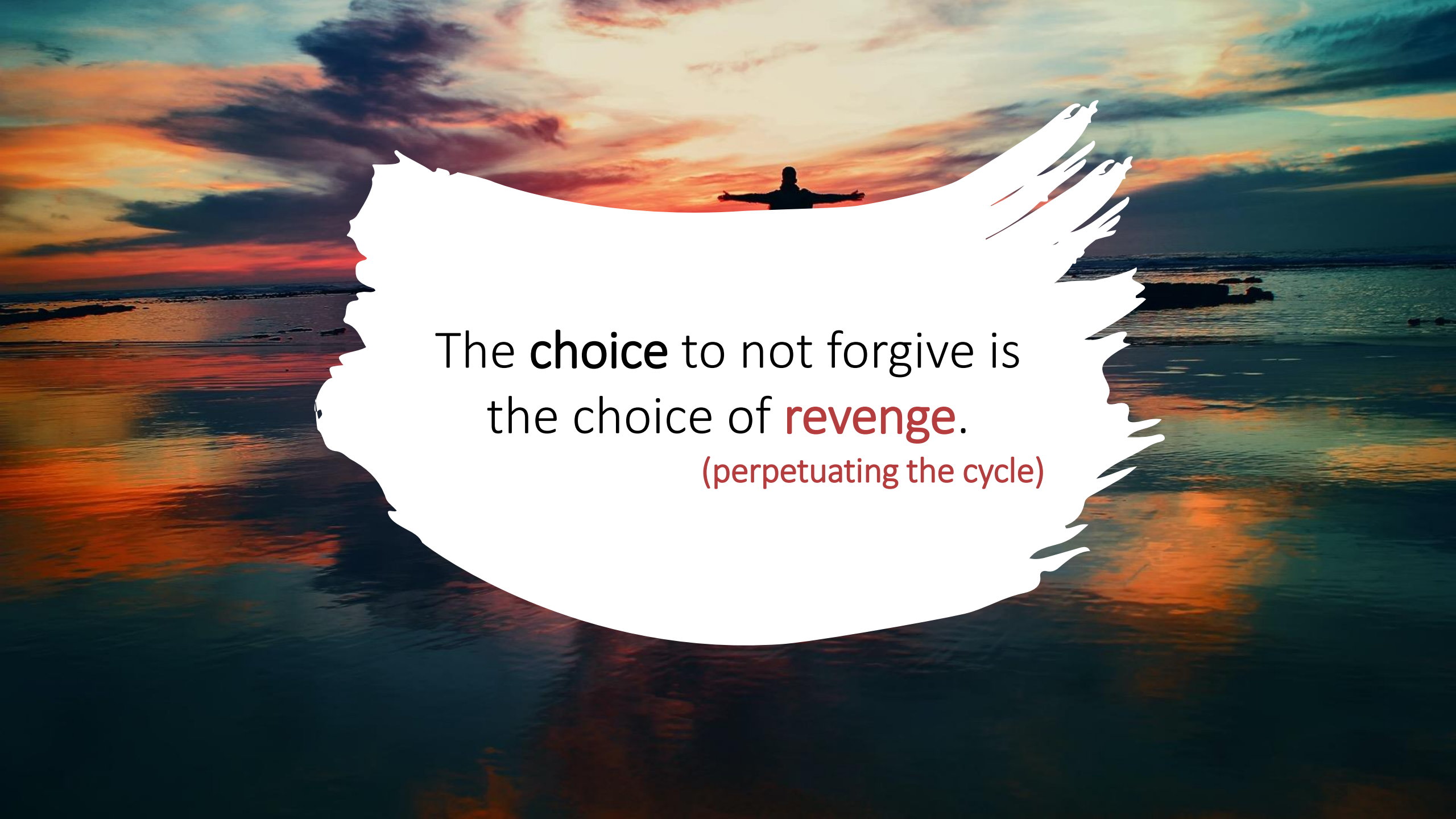
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A person is silhouetted against a vibrant sunset over the ocean. The sky is filled with orange, red, and blue clouds, and the water reflects these colors. A white, brushstroke-like graphic is overlaid on the image, containing the text.

The **choice** to not forgive is
the choice of **revenge**.
(perpetuating the cycle)

A person is silhouetted against a vibrant sunset over the ocean. The person's arms are outstretched, and the sky is filled with colorful clouds in shades of orange, red, and blue. The water in the foreground reflects the colors of the sky. A large, white, brush-stroke-like shape is overlaid on the image, containing the text.

Forgiveness is
the choice to break the
cycle of revenge.

A person stands on a beach at sunset, with their arms outstretched towards the horizon. The sky is filled with vibrant colors of orange, red, and blue, reflecting on the water. The person is silhouetted against the bright light of the setting sun.

Forgiveness is
the choice to break the
cycle of revenge.

1. Setting Yourself Free
2. Entrusting (Perfect) Justice to God

Matthew 18:21-22

²¹ Then Peter came to Jesus and asked, “Lord, **how many times** shall I forgive my brother or sister who sins against me? Up to seven times?”

²² Jesus answered, “I tell you, not seven times, but **seventy-seven** times.





Forgiveness is **NOT**

Forgiveness is **not** **condoning**



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Forgiveness is **not** **forgetting**



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Forgiveness is **not forgetting**

Forgiveness is **not always reconciling**



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Forgiveness is a **different issue to justice and consequences**



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Forgiveness is a **different issue to justice and consequences**

Forgiveness is **not impersonal**



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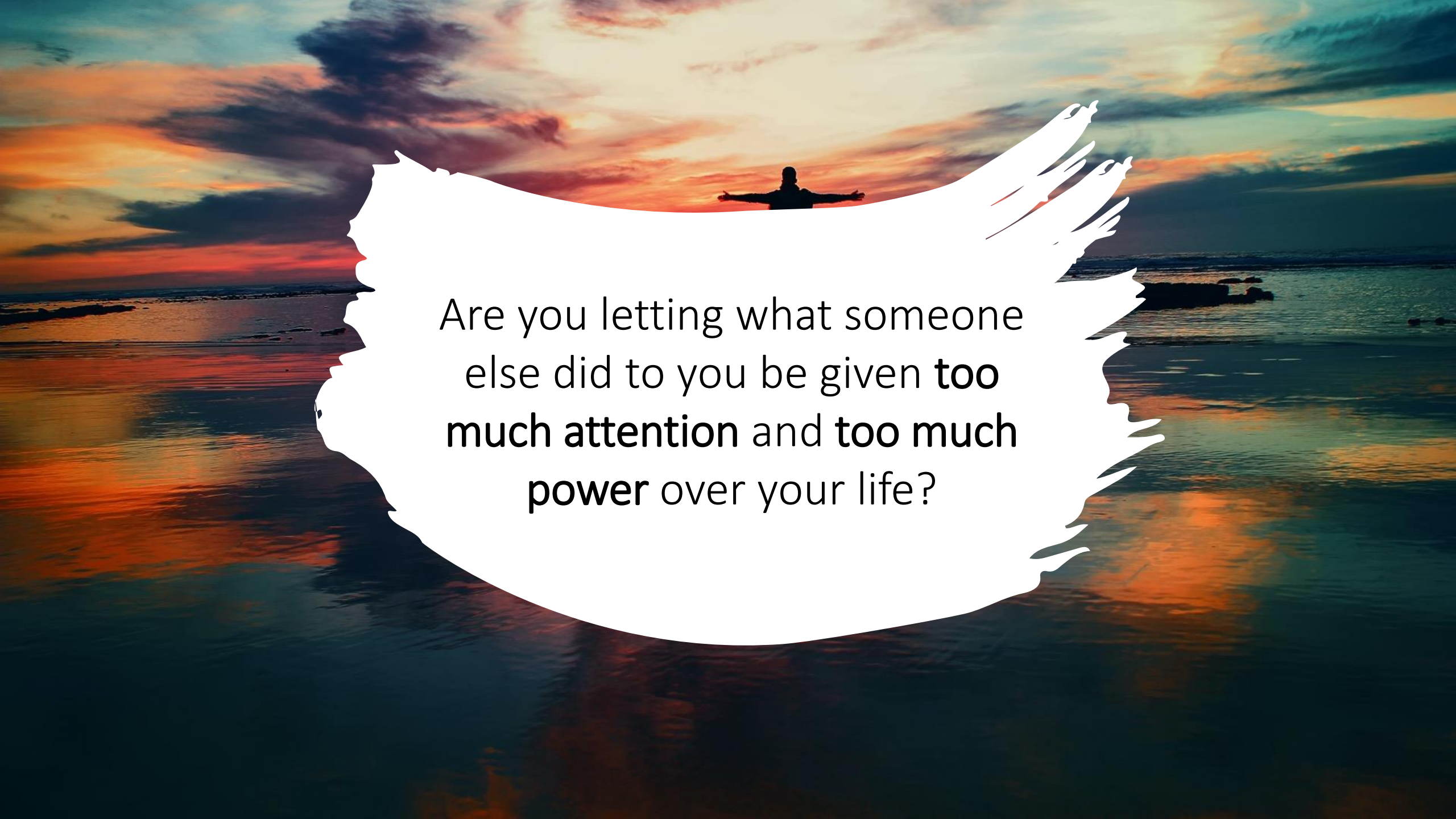
Forgiveness is **not forgetting**

Forgiveness is **not always reconciling**

Forgiveness is a different issue to **justice and consequences**

Forgiveness is **not impersonal**

Forgiveness is **not always immediate**

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Are you letting what someone else did to you be given **too much attention** and **too much power** over your life?

Matthew 6:9-13

⁹ This, then, is how you should pray:

“Our Father in heaven, hallowed be your name, ¹⁰ your kingdom come, your will be done, on earth as it is in heaven.

¹¹ Give us today our daily bread.

¹² And forgive us our debts, **as we also have forgiven our debtors.**

¹³ And lead us not into temptation, but deliver us from the evil one.”

The only version of the *amidah* to include this.



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FORGIVENESS

Will you choose to
break the cycle?



1

Check Your Heart



①

Check Your Heart

②

Get Specific About the Hurt



①

Check Your Heart

②

Get Specific About the Hurt

③

Name the Person



- ① Check Your Heart
- ② Get Specific About the Hurt
- ③ Name the Person
- ④ **Forgive:** Entrust Justice to God



- ① Check Your Heart
- ② Get Specific About the Hurt
- ③ Name the Person
- ④ **Forgive:** Entrust Justice to God
- ⑤ Plan to Forgive them Again