

Forgive...

**It's the Only
Way to Live**

Matthew 6:12

And forgive us our debts, as we also have forgiven our debtors. (NASB)

and forgive us our sins, as we have forgiven those who have sinned against us. (NIV)

Forgive us the wrongs we have done, as we forgive the wrongs that others have done to us. (GNT)

What

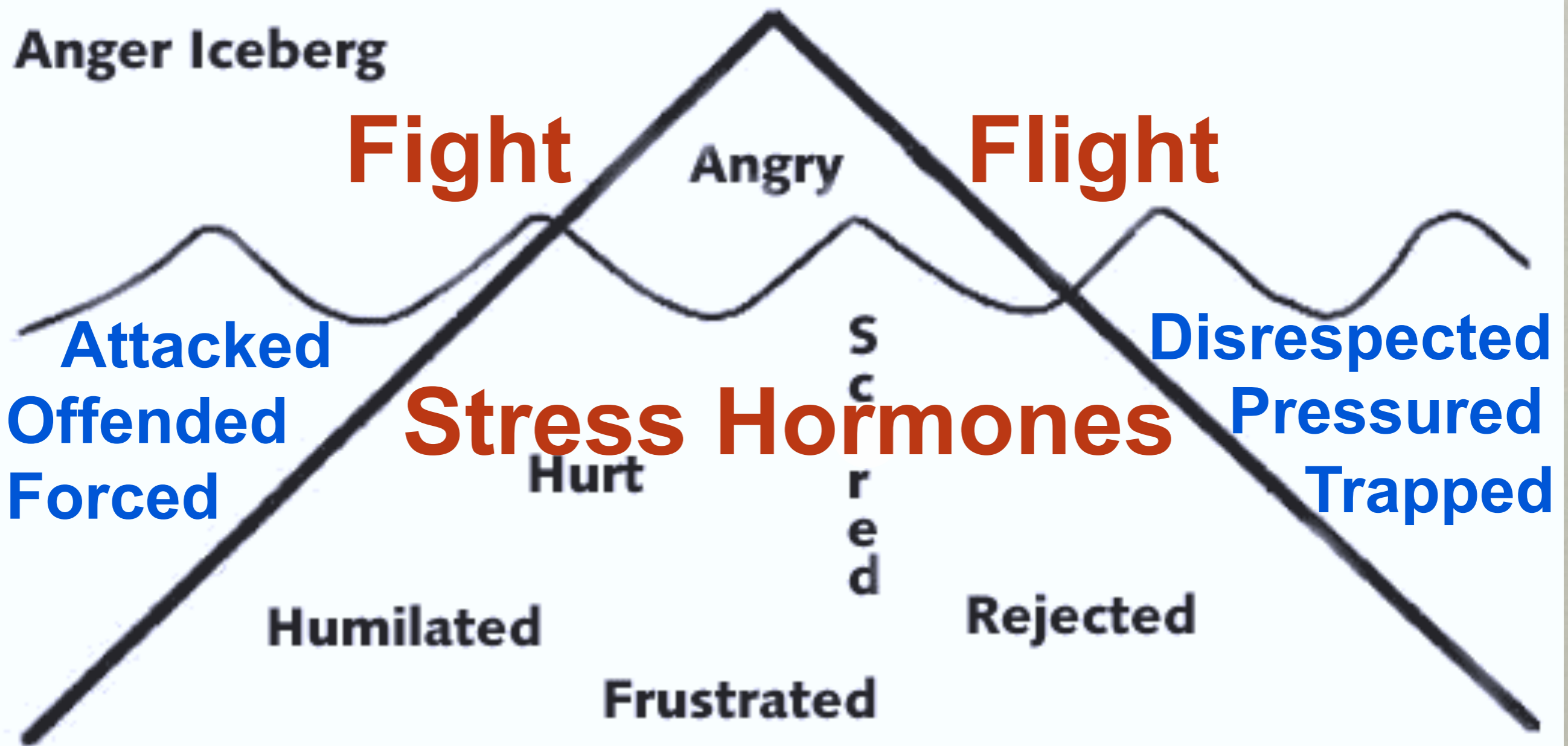
Why

How

Forgive-
ness

Anger
+
Animosity

Drive you towards what you want



God's Antidote

Forgive: Aphiemi:

Apo (away from)

Hiemi (to send)

- To Send Away
- Release
- Remit - to refrain from inflicting punishment or enforcing payment

**Why
Forgive?**

Prices You'll Pay

- Peace of Mind > **SLEEP**
- Physical & Mental Health

Prices You'll Pay

Anger > Releases Stress Hormones

- Triples your risk of heart attack (2016 Study by Dr Johan Denollet)
- Weakened Immune System
- Linked to Increases in:
 - Blood Pressure
 - Depression
 - Abdominal Fat
 - Anxiety
 - Chance of Stroke

**Your Anger
is
Killing
You**

Prices You Pay

and forgive us our sins, as we
have forgiven those who have
sinned against us.

**You don't get to receive what
you are unwilling to give!**

Provision

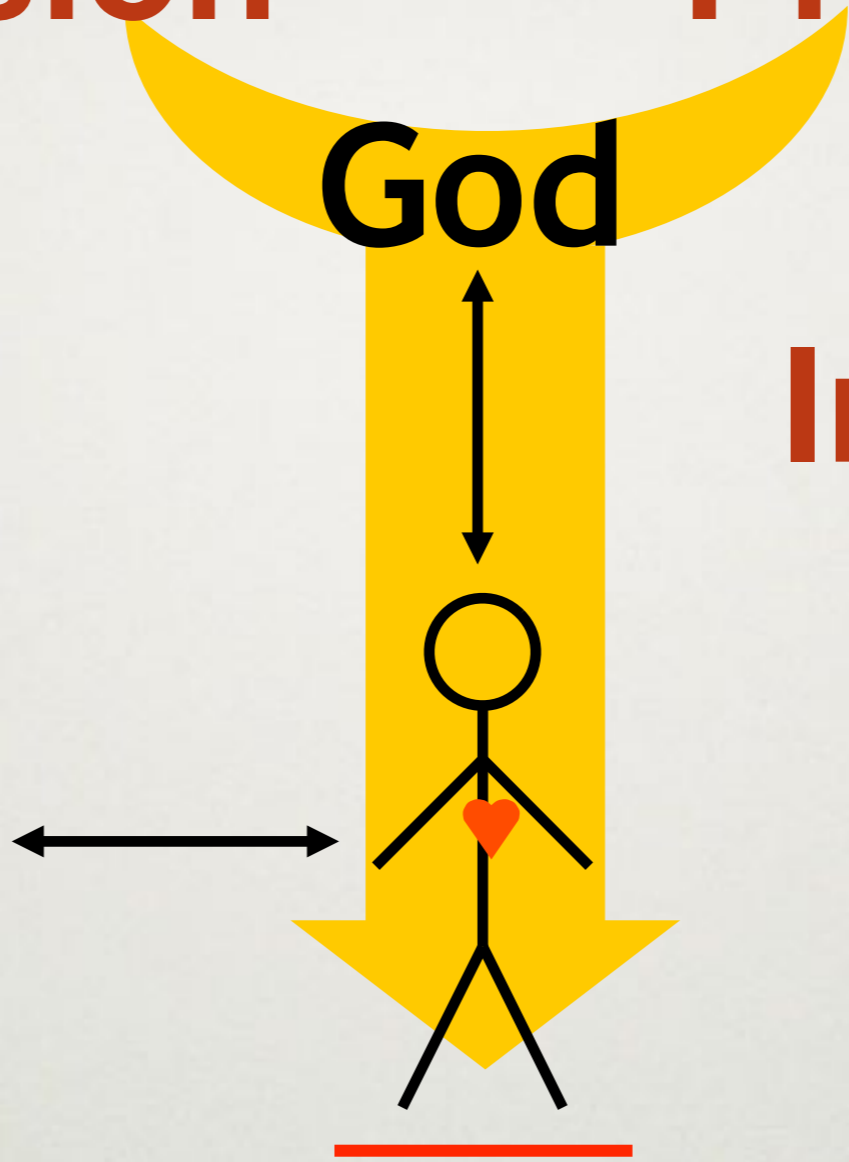
Protection

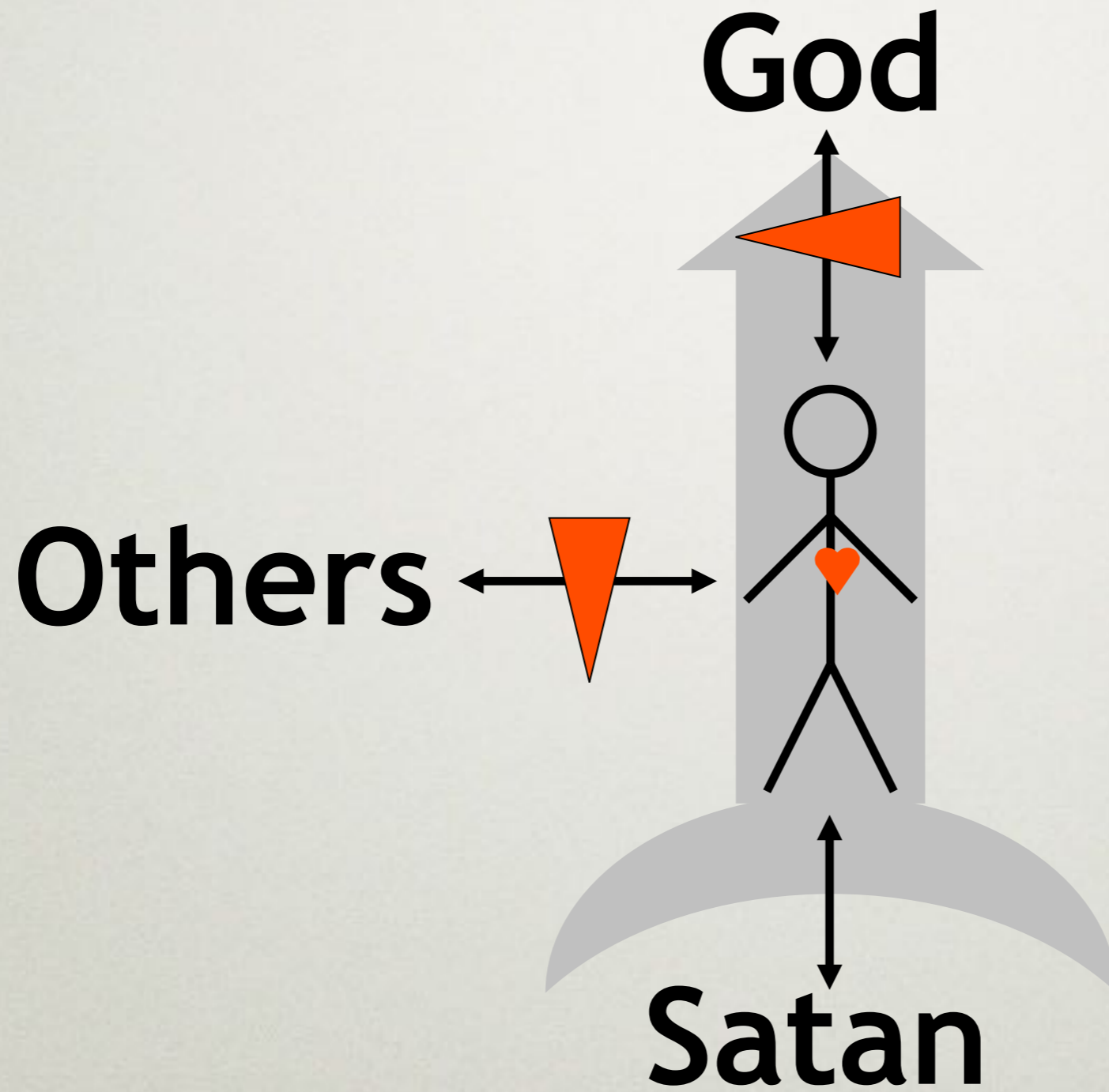
God

Intimacy

Others

Satan

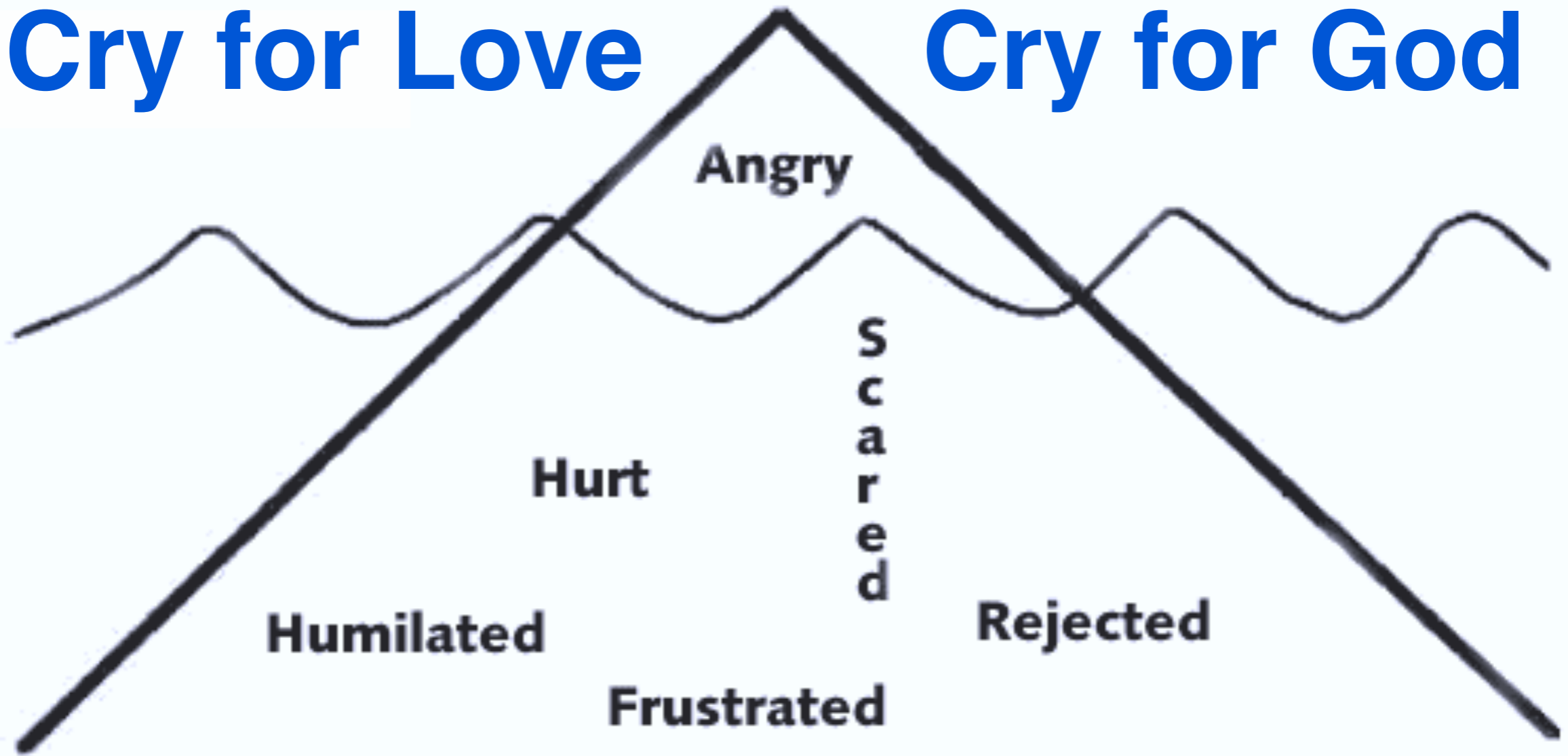




Protected **In Control** **Powerful**

Cry for Love

Cry for God



Vulnerable **Out of Control** **Helpless**

Reflect



- What emotions / feelings are underneath my anger and animosity?
- What are the thoughts / beliefs that are empowering what I feel?
- Clarify the deeper need:
 - What do I believe this person owes me?
 - What do I really want?
- Where have I put my trust?
- What am I not trusting God will provide?

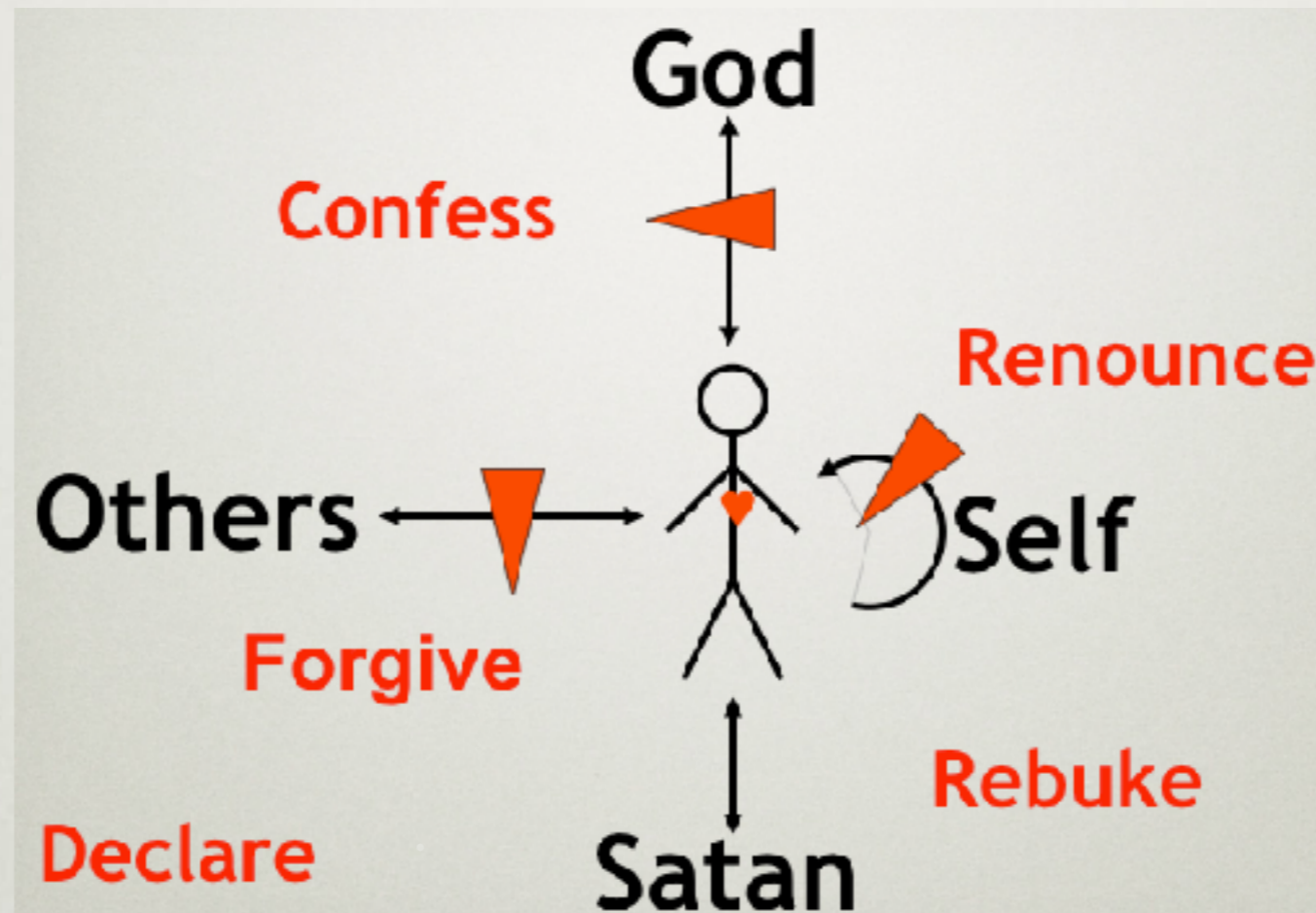
Lies?

Reflect



- What are the Truths that oppose these lies?
- What do I need to forgive this person for?

Repent



Respond