



Fighting For Forgiveness – Part Two  
Ephesians 4:30-32

Ephesians 4:30-32 (NIV)

“And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness and anger and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Bitterness is like drinking poison and hoping the other person dies.  
Forgiveness is like setting a prisoner free and realizing the prisoner is you.

**I. Why We Must Learn to Forgive**

- You will be wronged and offended by others.
- You will be tempted to hurt others in return.

I Samuel 24:4 (NIV)

The men said, “This is the day the Lord spoke of when he said to you, ‘I will give your enemy into your hands for you to deal with as you wish.’” Then David crept up unnoticed and cut off a corner of Saul’s robe.

- Failure to forgive hurts you more than anyone else.

I Samuel 24:5-7 (NIV)

Afterward, David was conscience-stricken for having cut off a corner of his robe. He said to his men, “The Lord forbid that I should do such a thing to my master, the Lord’s anointed, or lay my hand on him; for he is the anointed of the Lord.” With these words David sharply rebuked his men and did not allow them to attack Saul. And Saul left the cave and went his way.

- Forgiveness is a conscious choice made in faith to glorify God.

I Samuel 24:11-12 (NIV)

“Look at this piece of your robe in my hand! I cut off the corner of your robe but did not kill you. See that there is nothing in my hand to indicate that I am guilty of wrongdoing or rebellion. I have not wronged you, but you are hunting me down to take my life. May the Lord judge between you and me. And may the Lord avenge the wrongs you have done to me, but my hand will not touch you.”

## **II. Steps in the Process of Forgiveness**

- Acknowledge your hurt and bitterness.
- Thank God for the offense and the offender.
- Decide that you will choose to forgive.
- Make an investment in those who have wronged you.

Luke 6:35 (NIV)

“Love your enemies, (and) do good to them. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked.

- Thank God for the good things He is doing in your life.