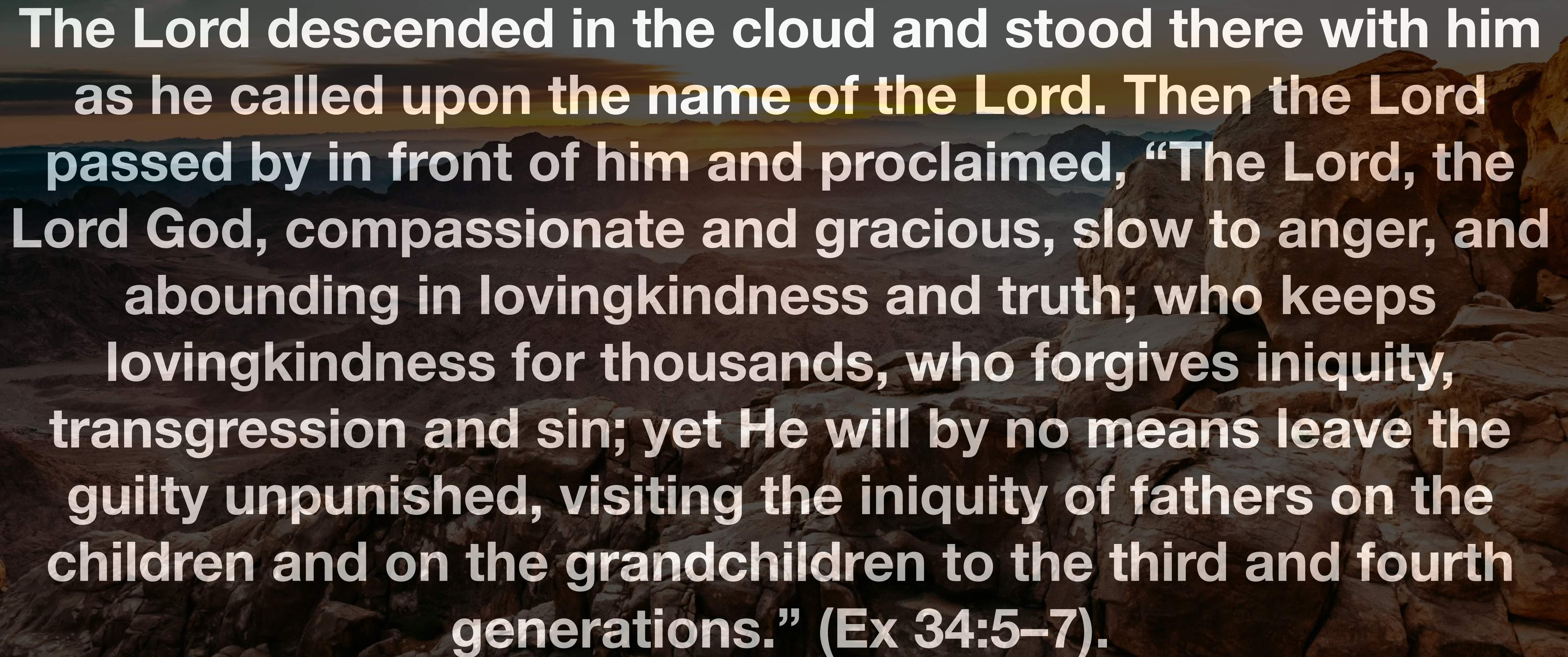


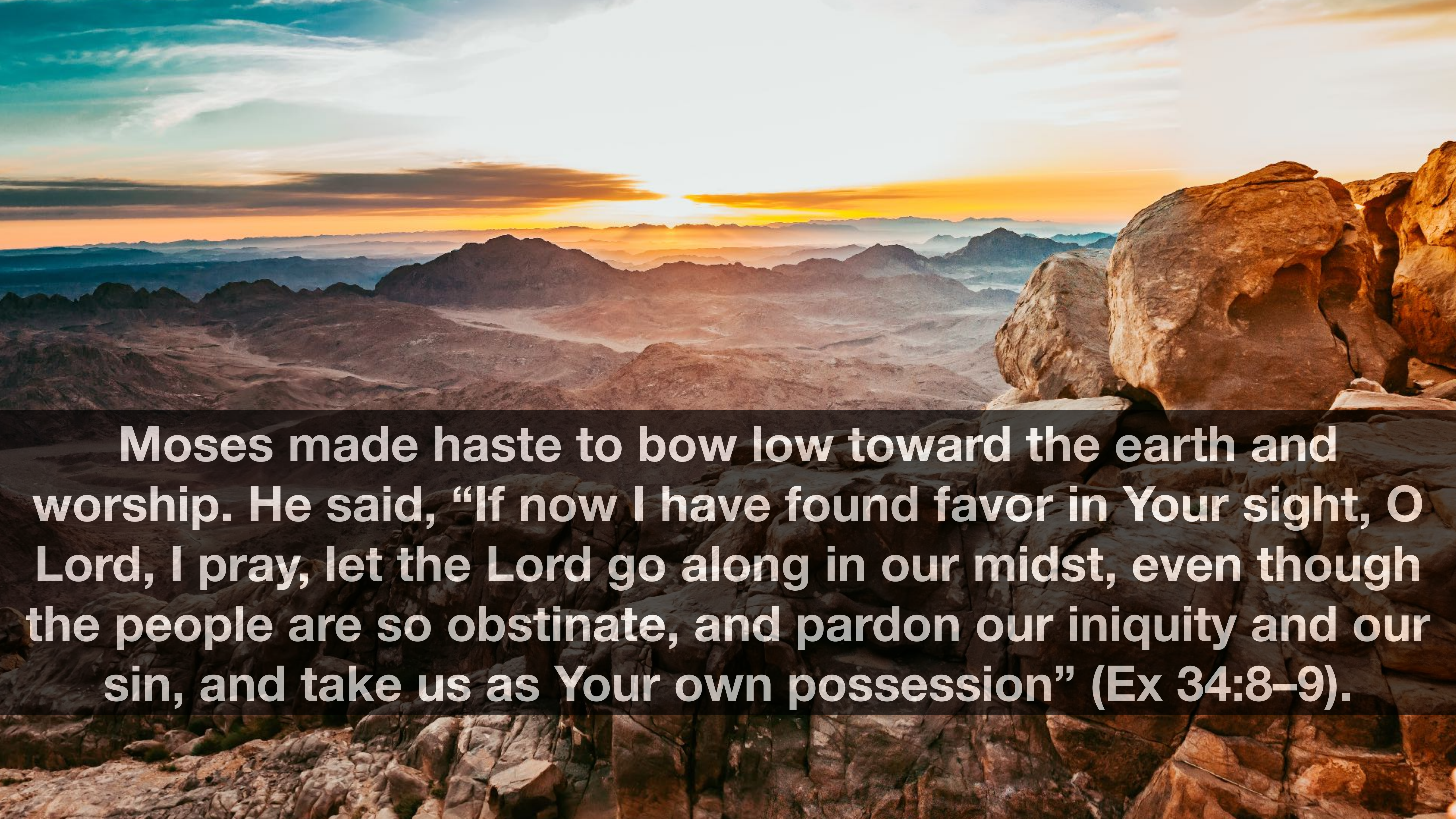
WALKING IN FORGIVENESS

07 - Restoring the Soul

Glen Gerhauser | Church on the Park | Sunday, 19 MARCH 2023

The background of the image is a landscape featuring a sky with soft, white and grey clouds. Below the sky, there are rolling hills and a foreground of rugged, brownish-grey rocks. The overall lighting is soft, suggesting a dawn or dusk setting. The text is overlaid on a semi-transparent dark grey rectangular area that covers most of the image.

The Lord descended in the cloud and stood there with him as he called upon the name of the Lord. Then the Lord passed by in front of him and proclaimed, “The Lord, the Lord God, compassionate and gracious, slow to anger, and abounding in lovingkindness and truth; who keeps lovingkindness for thousands, who forgives iniquity, transgression and sin; yet He will by no means leave the guilty unpunished, visiting the iniquity of fathers on the children and on the grandchildren to the third and fourth generations.” (Ex 34:5–7).



Moses made haste to bow low toward the earth and worship. He said, “If now I have found favor in Your sight, O Lord, I pray, let the Lord go along in our midst, even though the people are so obstinate, and pardon our iniquity and our sin, and take us as Your own possession” (Ex 34:8–9).

**Today, we will focus on why we are
commanded to forgive. We'll also reflect on
seven aids to help us forgive.**





**Unforgiveness is
like drinking poison
and expecting the
other person to die.**

WHY FORGIVE?



“You have heard that it was said, ‘Love your neighbor and hate your enemy.’ But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your own people, what are you doing more than others? Do not even pagans do that? Be perfect [τέλειος, *teleios*], therefore, as your heavenly Father is perfect [τέλειος, *teleios*].

(Mt 5:43–48, NIV)

In Matthew 5:43-48, Jesus makes ‘the why’ of forgiveness clear. His reason is ‘that you may be children of your Father in heaven’ (v. 45).





**What is your Father like?
He's not the hard
taskmaster upstairs. You've
misunderstood him. He
helps the bad and good and
provides for the righteous
and unrighteous. His heart
is for everyone to receive
his love, grace and mercy.**



τέλειος, *teleios*

τέλειος, *teleios*

Attaining an end or purpose

Meeting the highest standard

‘Not satisfied with half-way measures’ (BDAG)

Mature, Full-grown

Fully developed

Perfect

Without spot or blemish

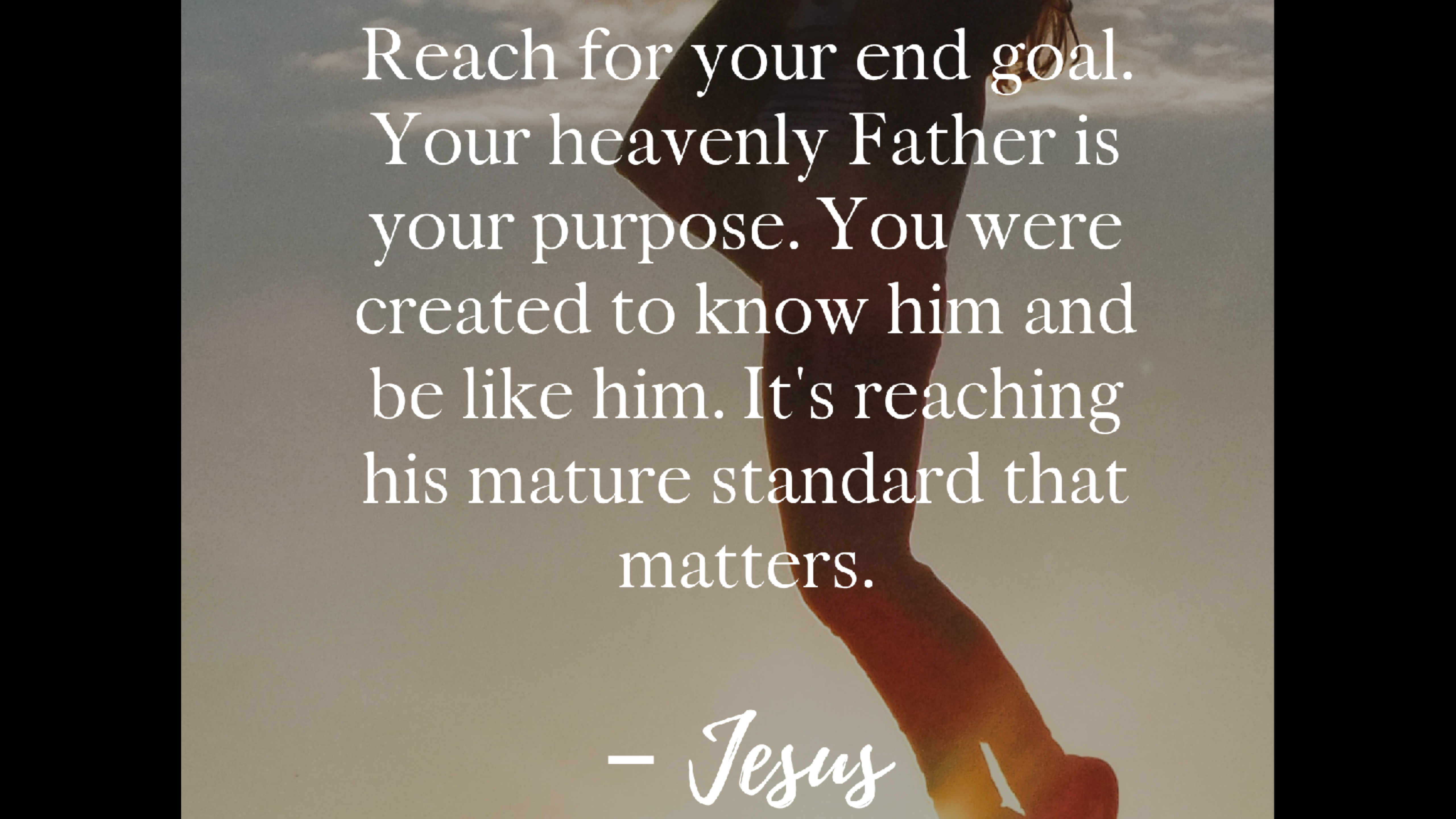
Your End Goal

Inspiration Paraphrase by Glen Gerhauser

Matthew 5:48

Reach for your end goal.
Your heavenly Father is
your purpose. You were
created to know him and
be like him. It's reaching
his mature standard that
matters.

— *Jesus*

A person's legs in a dark swimsuit are captured in motion, running on a sandy beach. The background is a soft, hazy sunset sky with warm tones of orange and yellow. The text is overlaid on the image in a white, serif font.

Reach for your end goal.
Your heavenly Father is
your purpose. You were
created to know him and
be like him. It's reaching
his mature standard that
matters.

— *Jesus*



WALKING IN FORGIVENESS

7 AIDS TO LIVE IN GOD'S MERCY

by Glen Gerhauer



01 | FORGIVE DAILY

Jesus taught us that just as we ask for daily bread, we must also forgive every day. "Give us this day our daily bread. And forgive us our debts, as we also have forgiven our debtors" (Matt.6:11-12, NASB).

02 | FOCUS ON GOD'S FORGIVING NATURE

"Yahweh, Yahweh God deeply feels for us and shows grace – he's slow to anger and abundant in kind love and faithfulness...he forgives, removing the weight of guilt, offenses and sin" (Exo. 34:6-7, IT).



03 | REMEMBER HOW MUCH JESUS FORGAVE YOU

"Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you" (Eph. 4:23).

04 | ASK THE FORGIVING GOD FOR GRACE TO FORGIVE

In Matthew 18:21-35, Jesus tells a story about a man who doesn't forgive, even though he received forgiveness. Don't be like him; pray for the grace you've received to flow through you.



05 | PRAY FOR THOSE WHO HURT YOU

"But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven..." (Matt. 5:44-45, NIV; cf. Luke 6:27-36).

06 | FORGIVING IS NOT VALIDATING SOMEONE'S SIN

Jesus loved righteousness and hated wickedness. When you forgive, you're not approving the sin committed against you. Instead, you desire that the person encounters God's love and transformation like you (Heb. 1:9).



07 | LET GOD HANDLE THE JUSTICE

Forgiveness is letting God bring justice because he alone is the righteous judge (Rom. 12:19-21).



WALKING IN FORGIVENESS

7 AIDS TO LIVE IN GOD'S MERCY

by Glen Gerhauser



01 | FORGIVE DAILY

Jesus taught us that just as we ask for daily bread, we must also forgive every day. "Give us this day our daily bread. And forgive us our debts, as we also have forgiven our debtors" (Matt.6:11-12, NASB).

02 | FOCUS ON GOD'S FORGIVING NATURE

"Yahweh, Yahweh God deeply feels for us and shows grace – he's slow to anger and abundant in kind love and faithfulness...he forgives, removing the weight of guilt, offenses and sin" (Exo. 34:6-7, IT).



kind love and faithfulness...he forgives, removing the weight of guilt, offenses and sin" (Exo. 34:6-7, IT).

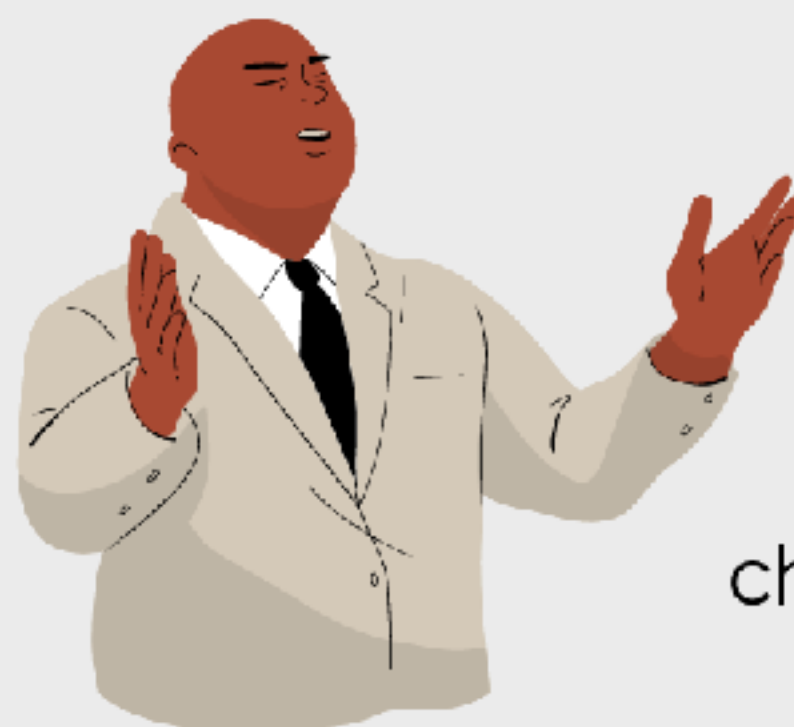


03 | REMEMBER HOW MUCH JESUS FORGAVE YOU

"Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you" (Eph. 4:23).

04 | ASK THE FORGIVING GOD FOR GRACE TO FORGIVE

In Matthew 18:21-35, Jesus tells a story about a man who doesn't forgive, even though he received forgiveness. Don't be like him; pray for the grace you've received to flow through you.

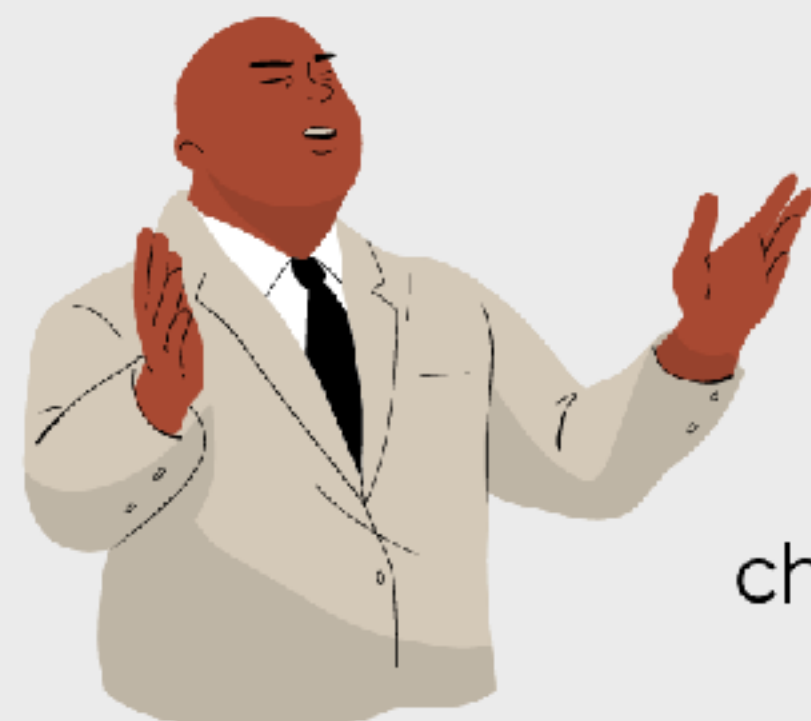


05 | PRAY FOR THOSE WHO HURT YOU

"But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven..." (Matt. 5:44-45, NIV; cf. Luke 6:27-36).

06 | FORGIVING IS NOT





05 | PRAY FOR THOSE WHO HURT YOU

"But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven..." (Matt. 5:44-45, NIV; cf. Luke 6:27-36).

06 | FORGIVING IS NOT VALIDATING SOMEONE'S SIN

Jesus loved righteousness and hated wickedness. When you forgive, you're not approving the sin committed against you. Instead, you desire that the person encounters God's love and transformation like you (Heb. 1:9).



07 | LET GOD HANDLE THE JUSTICE

Forgiveness is letting God bring justice because he alone is the righteous judge (Rom. 12:19-21).



The Chief Shepherd restores us to forgive as the heavenly Father forgives. This forgiveness hurts at first – it's like Christ's cross. But then, it releases an overflow of God's love that surpasses understanding.

