

Unforgiveness Notes: Able Moms 2024

I. Why Are We Talking about This?

- a. As I was praying about what God wanted to share with you guys, His Spirit put in my head, I want you to Prepare them for this weekend. Prepare them to hear my voice.”
- b. “I want to talk with my daughters, and some of them haven’t heard my voice in a while. They have been looking for me, listening for me, singing worship to me, but haven’t been able to find me. They haven’t been able to hear my voice.”
- c. “They long to hear my voice, but unforgiveness in their heart is keeping us from getting as close as I want to be. And I want to remove anything that keeps us apart. I want to be close with my daughters.
- d. The heading of this weekend is, “Hope Ignited” Maybe you’ve come here with the hope to hear God. Maybe your desperate cry has been, “Father, I just need you. I need to hear you. I need a touch from you.”
- e. Daughter, hear God’s heart in this. He wants to be close to you too. That’s why we’re going to talk about unforgiveness today.

II. There is **No Condemnation** here.

- a. He does not bring up anything in your life that he will not give you the grace and power to deal with. Your Father wants to free you, not condemn you.
- b. He is the Father of compassion and the God of all comfort (2 Cor1:3) He doesn’t want this to destroy you or torment you anymore
- c. I know that this may touch and bring back memories of some of the hardest, scariest and most painful parts of your life. We don’t hold on to things that are silly or didn’t hurt too much. The things lodged in our hearts are deep, maybe even things we have tried to be rid of but haven’t been able to.

So right now, I want to pray over you and this place before we go any further. *Father God, I come to you in the name of Jesus and with the authority He has given me as your daughter. We say that no spirit of condemnation or fear is allowed here. We ask you to allow your daughters to hear only the voice of you and your Holy Spirit speaking. We ask you and allow you to do what only you can do: to touch every heart and speak to each of your daughters exactly what they need to hear. Uproot and set free. Heal and repair. Bring your daughters to you. You have all authority here. Thank you and Amen*

III. **What Does the Word say** about this? (not movies or a podcast or the local FB moms group) What does God say?

- a. *Matt 6:14-15 – NIV For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.*
- b. *Mark 11:25 (AMPC) And whenever you stand praying, if you have anything against anyone, forgive him and let it drop (leave it, let it go), in order that your Father Who is in heaven may also forgive you your [own] failings and shortcomings and let them drop.*
- c. *Luke 6:37 (NIV) - Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven*

- d. *Matt 18:23-35 (parable of the unforgiving servant)*
 - i. When we don't forgive, we reject the weight and reality of what we have been forgiven of and what was needed to pay that price
 - ii. *"I am the greater of the debtors. Grace is all I've got."*
 - e. Unforgiveness keeps us from being forgiven. It is not a "small thing" in God's eyes.
- IV. **How is that possible?** If you've been in this any amount of time you realize, that overcoming our flesh is very different than our spirits being saved. Having your sins being forgiven is different than spiritual salvation.
- a. **So what does it mean to not have our sins forgiven?**
 - b. *Is 59:2 (NIV) - But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear.*
 - c. Story: In my own life, I have found this to be true. There have been times when I have been so close to God, but then someone did something that upset me. And I have been stubborn, I didn't want to forgive. And I no longer felt His Presence or heard His voice as I did before. MY SINS HID HIS FACE FROM ME.
 - d. We live in a world where people don't always mean what they say. But God always does. We are COMMANDED to forgive. It is not a suggestion. If he says your sins will not be forgiven if you do not forgive, he means it.
- V. Before we go any further, I want to remind us of **what forgiveness is not**. Why? Because sometimes our wall of self-defense and excuses cause us to cross our arms, close our ears, and reject what God wants to say before we even hear it. So let me start by saying Forgiveness:
- a. "Is not an act of my determination" or a feeling.
 - b. It is not ... saying what happened to you was not wrong
 - c. It is not ... saying that what happened to you doesn't matter
 - d. It is not ... saying that your feelings about what happened aren't valid
 - e. It is not ... saying that what happened is allowed to happen again or continue.
Forgiveness does not negate the need for appropriate boundaries
 - f. It is not ... saying that what happened doesn't have consequences or that we will rescue that person from those consequences
 - g. It is not ... reconciliation (or a return to the previous level of trust – remember boundaries and consequences)
- VI. **I hear you say, "but.."**
- a. BUT They are not deserving of it. It doesn't matter who was right or wrong.
 - i. Eph 4:32 - We are commanded to forgive as we have been forgiven. (Rev 13:8 "lamb slain before the foundation of the world. And Eph 1:4 he chose you before the foundation of the world to be made holy.)
 - b. BUT It keeps me safe: God will keep you safe (psalm 91 and 121, and many more)
 - c. BUT They have not apologized: forgive as you have been forgiven
 - d. BUT They keep doing it: how many times to forgive: 70x7 (Matthew 18:22)
 - e. One of the arguments that I had with God when He first started talking to me about forgiveness: "It's not fair. Why do I have to go first?"

- i. Can I tell you what God told me what I asked Him that question? “Going first is not a punishment. I wanted to set you free first.”
 - f. This is about your Father who sees how much pain you have already been through wanting to set you free and bring you closer to Himself. (*Hosea 6:6 NLT - I want you to know me more than I want burnt offerings. 14:2 – “say to Him, “Forgive all our sins and graciously receive us.”*)
- VII. **What is forgiveness?** Example of kids (from rote: “sorry.” “I forgive you.”) It is not this
 - a. Giving up your right to be paid back; releasing a person
 - b. They no longer owe me anything: not an apology, not a change, not an acknowledgement of wrong, etc
 - c. What Jesus did was enough to cover their sins. God doesn’t need their actions to make Jesus’ sacrifice complete. (What we believe about ourselves -ie. I am forgiven, he loves me, etc – is also true for those who have offended us)
 - d. Trusting God to handle the situation and the person:
 - i. God is a God of justice. (and He knows the situation better, is more powerful, more loving, and wiser)
 - ii. “What the enemy meant for harm God has used for good.” Is it possible that they (without intending to) are helping to bring about one of the greatest blessings in your life?
 - e. John Bevere “no other virtue requires such a great sacrifice of self.”
 - f. Flows through you; does not originate in you and not in your own ability.
- VIII. **How do I actually do it (forgive)?** N that you’ve been hit with something heavy, you are left wondering how do I actually do that? I want to; I tried, but the pain is still there.
 - a. **I forgot one:** It is not ... a one time thing
 - b. I used to work as a nurse in surgery. I had a very naïve view of how impactful the work that I did was. You have a problem and we fix it immediately. Until an older surgeon told me that what the person does after the surgery, after the wound, knee etc has been fixed can undo or cement all the work that we did. Most of the time hardest work happens after what was broken has been fixed. Because removing or fixing something, doesn’t mean healing it.
 - c. Forgiveness is like a bone reset or a surgery to fix a back. Even once the wound has been reset/fixes. If we do not act/recover correctly, we could undo all the work that has been done; even be back in a worse place than when we started.
 - d. Today we will pray. We will reset your broken bone; do surgery on your pain. But I want to make sure you have some discharge instructions. Directions on how to make sure you heal completely. Tips to ensure that the work that Jesus starts today is brought to full completion.
 - e. I/we (me and Jesus☺) don’t want this to be just an emotional change. (even though emotions are important: “love the Lord your God with all your HEART, soul, and mind) So let’s come up with a game plan to ensure lasting and full victory. (Count the cost)
 - f. First step: “Yes,” to the process. Submit to the journey.
- IX. **STOP, DROP, and RETURN Game plan** - probably have to do this multiple times – will get easier, faster, and less frequent (forgiveness and saving our flesh is a process)

- X. **STOP:** Stop thinking about it. Stop letting it circle around in your brain. Stop going over the situation again and again in your mind.
- a. *Phili 4:8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*
 - b. *Rom 8:6 NIV The mind governed by the flesh is (leads to) death (and destruction), but the mind governed by the Spirit is (leads to) life and peace.*
 - c. *2 Cor 10:4 NIV The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds and every pretension that sets itself up against the knowledge of God, **we take captive every thought to make it obedient to Christ.***
 - d. *Rom 12:2 Do not be conformed to the pattern of this world, but be transformed by the renewing of your mind. **Rom 12:2 NLT Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.***
 - e. STOP THINKING ABOUT IT! Choose to think about what God says instead.

XI. **DROP**

- a. *Mark 11:25 AMPC - And whenever you stand praying, if you have anything against anyone, forgive him and **let it drop (leave it, let it go)**, in order that your Father Who is in heaven may also forgive you your [own] failings and shortcomings and let them drop.*
- b. *Phili 3:8-9 NIV What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ and be found in him*
- c. *In the MSG: Yes, all the things I once thought were so important are gone from my life. Compared to the high privilege of knowing Christ Jesus as my Master, firsthand, everything I once thought I had going for me is insignificant—dog dung. I've dumped it all in the trash so that I could embrace Christ and be embraced by him.*

Fully embraced picture and story: With my spiritual eyes, I saw myself standing face to face with Jesus. My arms were full of “all the things” I thought were important enough to hold onto: my popularity, other’s opinions, feeling superior, jealousy, unforgiveness, and more. His arms were extended, inviting me to him. I put down some of it. But even if its something small enough to fit in your hand or under your arm. It’s still not a full embrace. (Moms we know what it’s like to hug someone with a baby in our arms or kid on our hip or diaper bag sliding down our arms.)

That’s not a full embrace. I paused and looked at him and his outstretched arms. Then, I whispered, “I choose you.” I bent down and placed it *all* on the ground. I stood up with my arms completely empty and ran straight into waiting arms. “Nothing compares to you. I don’t want anything that keeps me from you. I choose to fully embrace and be fully embraced by you.” Time and time again, sister-friends, I have found myself in front of Him, being invited into His arms. I have knelt to set things down and gotten back up with skinned knees and tears

streaming down my face. But you know what? Nothing has ever compared to His embrace. It doesn't feel like giving up or losing or sacrificing, when at the end we get Him.

d. Drop it, walk away and choose Him. When come back, remind that you drop it.

XII. **RETURN:** Return to your Father's arms. Choose the loving embrace of your Father

a. He is compassionate. He is a God of comfort. He understands your pain. "HE is near to the broken hearted." There is fellowship in your suffering.

b. Pray for your enemy

c. When you no longer feel anger, but joy and love over them you can go to them and tell them you love them, you're sorry, etc

XIII. Let's get it done

a. Take a few minutes, close your eyes,

i. Pray: Ps 139:23-24 "Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting"

ii. ask the Holy Spirit to show you any areas or people that you need to let go of.

(PAUSE for at least 1 minute)

b. Revisit the example of Philli 3: With your spiritual eyes, see yourself standing before Jesus right now (because I believe we all are in this moment), His eyes are compassionate and his arms are open. Take this time to see yourself laying down what is in your arms. Let yourself be fully embraced by Jesus

(PAUSE for at least 1 minute)

Father God you are worthy of it all. Today we lay down what has come between us. We choose you. We repent of our unforgiveness. We forgive as we have been forgiven. I ask that you would guard your word that has been planted in the hearts of your daughters today. I ask that it would fall on good soil and put down deep roots. I declare that it will not be stolen away by the birds of the air or choked out by the distractions of everyday life. May You continue and complete in them the work that You have started here today. Thank you for setting us free. We love you and say again you are worthy of it all. By the blood and in the name of Jesus we ask and believe all these things. Amen.

Additional Resources for further study and Healing: John Bevere "Bait of Satan" & Lysa Terkeurst "Forgiving What You Can't Forget"