

Forgiving and Forgetting
Wednesday Bible Study
Lesson 1 Notes
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"I can forgive, but I can't forget," which really means I still have hurt feelings over what happened, I still have disappointed feelings over what happened, I still have fearful feelings that it might happen again, and I have doubts as to whether I have really forgiven or not.

- A. You can't forgive until you have been forgiven by God through faith in Christ. Hebrews 10:14, Ephesians 1:3 - 7, 2:4 - 10, Romans 5:1 - 2, 6 - 10.
- B. Once you have received the gift of forgiveness from your sins through the blood of Jesus Christ, you have the gift of forgiveness to give to those who have sinned against you. **Matthew 6:12** teaches you must pray for this gift to be received and to be given. **Ephesians 4:30 - 32** teaches that this done by the Holy Spirit in you after you have put away some very destructive feelings and choices. **Colossians 3:12 - 13** teaches that you must put on (bear the fruit) spiritual fruit by abiding in the Vine.
- C. The goal for receiving the gift of forgiveness by faith in Christ and giving the gift of forgiveness by faith in Christ is to the praise of God's glorious grace by uniting you with God and with one another; Ephesians 1:7 - 14. The warning for withholding forgiveness is severe, Matthew 18:19 - 35.

Application:

1. You know spiritual things in relationship with God; experiential knowledge is different than head knowledge. You choose to believe and decide to receive and give. You pray for the desire (want to) to receive and give. You determine with a promise in prayer, which means it will be difficult. Then you do it over and over again. Regardless how you feel.