

Luke 11 Prayer Diagram part 12 - Forgiving others

--God understands our pain and passion for retribution; He agrees that we have a right to be mad. But He will not tolerate us staying mad and refusing to forgive.

1. Last time we began to look at steps to dissolving anger

--We are going to get one more step added today, but before we do that, we will be adding to our understanding of unforgiveness the chain) where the chain is this hurt or offense that we are not letting go of.

--Unforgiveness is similar Ruminatation—Do you know what this is? Chewing the cud? A cow has to stop (they don't do this while walking), throw up something from the past, chew on it some more.

--Just the procedure alone should be enough to tell us that this isn't a good thing for us!

--Bitterness and unforgiveness does the same thing: it stops you; it involves bringing up something nasty from the past and chewing on it.

2. Forgiveness – Colossians 3:12 – clothed in forgiveness.

In the 1970 movie, *Love Story*, there was a famous quote: "Love means never having to say you're sorry." Likely one of the most ridiculous statements ever made.

--Unless you're perfect, love means you will have to say you're sorry a lot and forgive a lot.

3. We looked at three steps thus far to dissolving anger: Admit the sin, Define the offense, Grieve the loss.

Fourth Step: Trying to understand your offender –Also know as "The walking a mile in their shoes principle" –

--The purpose of this step is to see if maybe understanding what your offender has gone through or is going through won't change in some way how mad you are at them.

--Again, we are not looking for a way to excuse their sin, but we are looking for a way, possibly, to see, if we were in their situation, that maybe we wouldn't have been much different.

A woman boards the bus you are on with 4 children who are completely out of control.

Climbing over the seats shouting, fighting, knocking over a man's coffee. The woman does almost nothing to restrain them. It is as if she's in a daze...they are irritating nearly everyone on the bus. When someone mentions kindly that she should do something, she apologizes and tries to reign in her kids, but she also informs that person that her husband, their father, had just died and they were riding the bus home from the hospital...

The change that understanding would make in us is called a Paradigm-shift.

--Searching to understand where they are coming from, what they've been through, could they have acted out of their own hurt? Could they be acting out of something that is blinding them to their own actions.

--The understanding of some of these things can create a paradigm shift for us and drain away some of our anger.

--Sometimes people aren't purposefully setting out to harm us, they just don't know how else to handle life.

4. Part of our being offended and getting angry process is that we assign motive to what someone does to us.

--"They did this to me, and the reason why they did this is because they are evil and set out to intentional hurt me." –

be careful! We almost never know the motives behind people's actions.

--When we assign motive to someone, we are setting ourselves up as a judge; this is strictly forbidden in Scripture: **Prov. 16:2, I Cor. 4:4-5, Mt. 7:1**

--"They did this to me because: (fill in the blank)?" You don't really know! You will never be qualified to know in this life.

Try to put yourself into their shoes: I knew someone who had an alcoholic father who left him incredibly wounded because he constantly chose his addiction over him.

--It's very hard to understand addiction from a sober perspective, but recovering alcoholics understand all too well.

Read their testimonies, try to understand the mindset--not to condone or excuse but to diffuse the anger in your life.

--I recommend you read the AA book if you've had negative exposure to addiction.

5. Consider: in God's forgiving of us, did He get into our shoes and walk a mile or two?

--**Hebrews 4:15**

--He didn't have to do that—He already knew us through and through, but He came down anyway and lived among us to, among other things, demonstrate us that He knew and understood us.

--He has left us the example of how to forgive, and part of that is walking in someone else's shoes—understanding the person will help.