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PRACTICE *Makes* PERFECT

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Getting Better at the Things That Don't Come Naturally

Part 3: Practicing Forgiveness



What is forgiveness?

**Choosing to let go of a past hurt
and release the person who did it
so that you can be free from their influence.**

Forgiveness is NOT:

Denying what happened.

Excusing sin.

Shielding someone from consequences.

A guarantee that someone will change.

Why is forgiveness so important?

1. It's a house rule.

Matthew 6:14-15

2. Unforgiveness will destroy you.

Matthew 18:23-35

How do you forgive?

1. Make the choice.

Colossians 3:12-13

2. Embrace the process.

Matthew 18:21-22

3. Recognize it's a supernatural event.

Hebrews 8:12

“You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’ But I say to you, love your enemies, BLESS those who curse you, DO GOOD to those who hate you, and PRAY for those who spitefully use you and persecute you”

Matthew 5:43-44

**Dr. Ignaz
Semmelweis**



**Are you
practicing
forgiveness?**

