

## How To Live Through Bad Days

(Hebrews 12:12 NIV) *“Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”*

(Hebrews 12:12 MSG) *“Keep your eyes on Jesus, who both began and finished this race we’re in. **Study how he did it.** Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: cross, shame, whatever. And now he’s there, in the place of honor, right alongside God.”*

### Principle #1

(Luke 23:34 NIV) *“Jesus said, ‘Father, forgive them, they do not know what they are doing.’”*

\_\_\_\_\_ everyone who is trying to ruin your life.

### Sources of Unforgiveness

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

(Hebrews 2:17-18 Message) *“That’s why he had to enter into every detail of human life. Then, when he came before God as high priest to get rid of the people’s sins, he would have already experienced it all himself—all the pain, all the testing—and would be able to help where help was needed.”*

## Forgiveness Is Not...

- ✓ \_\_\_\_\_ the seriousness of the offense.
- ✓ Instant \_\_\_\_\_ of trust.
- ✓ Resuming the relationship without \_\_\_\_\_.

## Be Forgiving

(1 Peter 2:23 NLT) *“He did not retaliate when he was insulted, nor threaten revenge when he suffered.”*

1. Forgive them because \_\_\_\_\_.

(Matthew 6:15 NIV) *“For if you forgive men when they sin against you your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.”*

2. Forgive them without \_\_\_\_\_.

(Ephesians 4:32) *“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”*

3. Forgive them in \_\_\_\_\_.

(Luke 11: 4) *“Forgive us our sins, for we also forgive everyone who sins against us.”*

4. Forgive them because they are \_\_\_\_\_.

(Ephesians 6:12) *“For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.”*

## How To Live Through Bad Days

(Hebrews 12:2 NIV) *“Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”*

(Hebrews 12:2 MSG) *“Keep your eyes on Jesus, who both began and finished this race we’re in. **Study how he did it.** Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: cross, shame, whatever. And now he’s there, in the place of honor, right alongside God.”*

### Principle #1

(Luke 23:34 NIV) *“Jesus said, ‘Father, forgive them, they do not know what they are doing.’”*

**FORGIVE** everyone who is trying to ruin your life.

### Sources of Unforgiveness

- ✓ **BETRAYAL**
- ✓ **FALSE ACCUSATIONS**
- ✓ **REJECTION**
- ✓ **ABUSE**
- ✓ **HUMILIATION**

(Hebrews 2:17-18 Message) *“That’s why he had to enter into every detail of human life. Then, when he came before God as high priest to get rid of the people’s sins, he would have already experienced it all himself—all the pain, all the testing—and would be able to help where help was needed.”*

## Forgiveness Is Not...

- ✓ **MINIMIZING** the seriousness of the offense.
- ✓ Instant **RESTORATION** of trust.
- ✓ Resuming the relationship without **CHANGES**.

## Be Forgiving

(1 Peter 2:23 NLT) *“He did not retaliate when he was insulted, nor threaten revenge when he suffered.”*

### 1. Forgive them because **WE NEED FORGIVENESS**

(Matthew 6:15 NIV) *“For if you forgive men when they sin against you your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.”*

### 2. Forgive them without **CONDITION**.

(Ephesians 4:32) *“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”*

### 3. Forgive them in **ADVANCE**.

(Luke 11: 4) *“Forgive us our sins, for we also forgive everyone who sins against us.”*

### 4. Forgive them because they are **VICTIMS TOO**.

(Ephesians 6:12) *“For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.”*