

## Marriage & Family – Part 2

**Icebreaker:** Take turns saying to the person on your left then to the person on your right, "I forgive you. Will you forgive me?"

### Forgiveness in the Marriage and Family

**Ask for definitions of the word "FORGIVE".** To forgive: to grant pardon for or remission of an offense, debt; to absolve. To give up all claim on account of; remit a debt, obligation. To grant pardon to a person. To cease to feel resentment against: to forgive one's enemies. To cancel an indebtedness or liability of.

***Mark 11:25*** "And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses."

1. Have you ever "kept score" in your relationships? And you hit the replay button? ***Hebrews 8:12*** "And I will have mercy on their evil-doing, and I will not keep their sins in mind." (BBE) A person who says, "I can forgive, but I sure can't forget" has not truly forgiven, because forgiveness and forgetting are one and the same.

2. Forgiveness is an act of your will. ***Hebrews 12:1*** "Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us."

A) What are some weights and sins that you are still carrying? How about hurts from a failed marriage? Maybe disappointments in your children? In you parents?

B) Unforgiveness is a horrible burden to bear. We need to "cut the cord" of anything that's ever been done to us or against us.

3. You MUST forgive to be forgiven. ***Mark 11:26*** "But if you do not forgive, neither will your Father in heaven forgive your trespasses."

**Action:** We all have things/people/situations in our lives where we need to forgive. If you were only 2% wrong in the situation, you still need to repent. Ask God to help you, as an act of your will, to forgive. Write down whatever that situation is, and then put that slip of paper in your Bible. When you give it to God, He remembers it no more, so you shouldn't either!