

# What We Do When Forgiveness Seems Impossible

*“Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you” (Ephesians 4:32).*

# The Problem

- *There is the depth of our hurt.*
- *There is our sense of justice.*
- *And yet, “forgiving each other, just as God in Christ also has forgiven you” (Eph. 4:32).*

# The Purpose

- *Forgiveness reflects the character of God: love (1 John 4:8).*
- *Forgiveness releases us from the prison of hate (Genesis 50:20-21).*
- *Forgiveness changes the life of the one forgiven (Peter, Matthew 26; Paul, Acts 7, 9).*

# The Principle

- *Forgiveness is the result of God's grace toward us.*
- *Forgiveness results in a changed attitude toward others.*
- *True forgiveness takes time, like the stages of grief.*
- *True forgiveness involves forgetting (Hebrews 8:12).*

# The Process

- *Pour your heart out to God and plead for His help.*
- *Remember all the grace God has given you.*
- *Pray, truly and earnestly, for the person who hurt you.*
- *Make the decision, once and for all, to forgive, for you and for the one who hurt you, even their salvation.*

*One couple who forgave:*

*Frank and Elizabeth Morris,  
Hopkinsville, Kentucky*

*Forgiveness is not easy, it's not natural; but  
when we forgive we find that a prisoner has  
been set free.*

*And that prisoner is us.*