

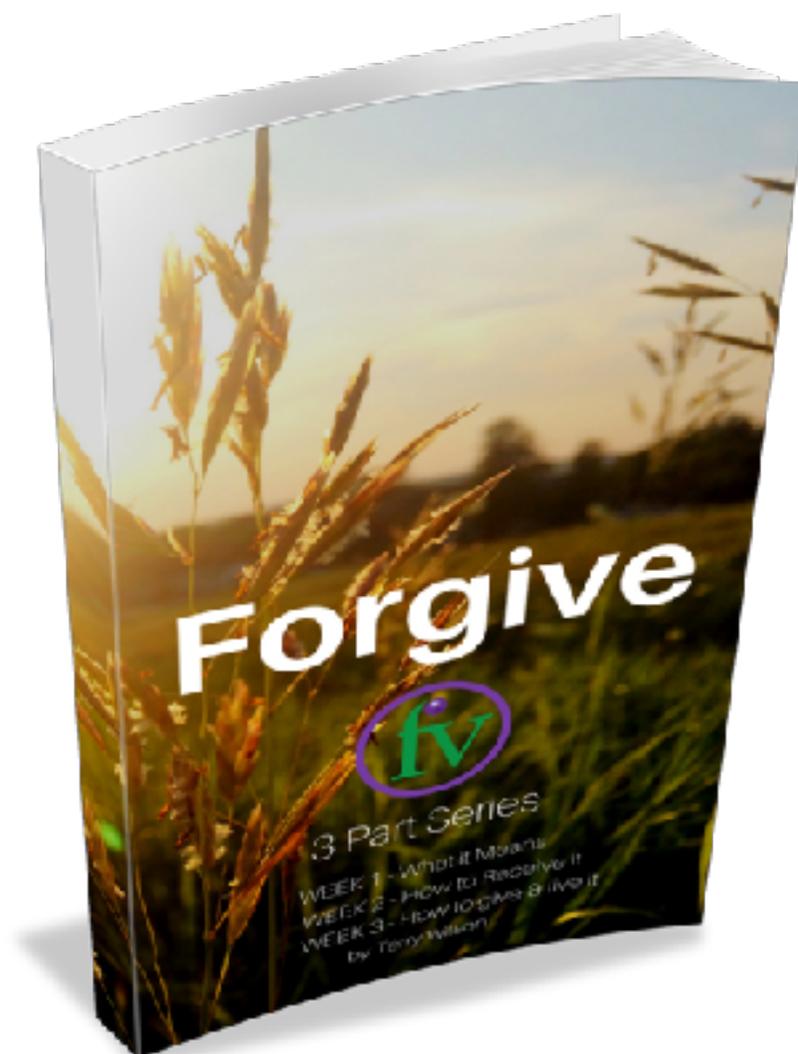
# Forgive

- 3 week study on the Biblical understanding of forgiveness
- Emphasis will be on the New Testament Concept, Application, and Practice
- Open Discussion and questions on the application, context, and theological implications

**WEEK 1** - What does forgive mean

**WEEK 2** - How to receive forgiveness

**WEEK 3** - How do you forgive



## WEEK-1

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What does forgive mean?

Why is the def important?

What are it's implications to our daily lives?

## Definition of Forgive

Lexicon :: Strong's G863 - <i>aphiēmi</i>		Aa
<b>ἀφίημι</b>		
<b>Transliteration</b>	<b>Pronunciation</b>	
<i>aphiēmi</i>	ā-fē'-ā-mē (Key) 	
<b>Part of Speech</b>	<b>Root Word (Etymology)</b>	
verb	From ἀπό (G575) and hiemi (to send, an intens. form of eimi, to go)	
<b>Dictionary Aids</b>		
<b>Vine's Expository Dictionary: <a href="#">View Entry</a></b> <b>TDNT Reference: 1:509,88</b>		
<b>KJV Translation Count — Total: 146x</b>		
<b>The KJV translates Strong's G863 in the following manner: leave (52x), forgive (47x), suffer (14x), let (8x), forsake (6x), let alone (6x), miscellaneous (13x).</b>		

- Notice it's a verb
- Notice it's intentional
- Notice other NT words such as suffer, forsake, let alone, and leave are the same Greek word

## Greek Def

## Outline of Biblical Usage [?]

- I.* to send away
  - A.* to bid going away or depart
    - i.* of a husband divorcing his wife
  - B.* to send forth, yield up, to expire
  - C.* to let go, let alone, let be
    - i.* to disregard
    - ii.* to leave, not to discuss now, (a topic)
      - a.* of teachers, writers and speakers
    - iii.* to omit, neglect
  - D.* to let go, give up a debt, forgive, to remit
  - E.* to give up, keep no longer
- II.* to permit, allow, not to hinder, to give up a thing to a person
- III.* to leave, go way from one
  - A.* in order to go to another place
  - B.* to depart from any one
  - C.* to depart from one and leave him to himself so that all mutual claims are abandoned
  - D.* to desert wrongfully
  - E.* to go away leaving something behind
  - F.* to leave one by not taking him as a companion
  - G.* to leave on dying, leave behind one
  - H.* to leave so that what is left may remain, leave remaining
    - i.* abandon, leave destitute

Why is knowing the def important?

- Manages our expectations
- Provides a target to aim for
- Provides a metric to measure by
- Provides a standard to live by

- ☐ **Mat 6:12** and **forgive** us our debts,  
as we also have forgiven our debtors.
- ☐ **Mat 6:14** For if you **forgive** others their trespasses, your heavenly  
Father will also **forgive** you,
- ☐ **Mat 6:15** but if you do not **forgive** others their trespasses, neither  
will your Father **forgive** your trespasses.
- ☐ **Mat 9:6** But that you may know that the Son of Man has authority  
on earth to **forgive** sins”—he then said to the paralytic  
—“Rise, pick up your bed and go home.”
- ☐ **Mat 18:21** Then Peter came up and said to him, “Lord, how often will  
my brother sin against me, and I **forgive** him? As many as  
seven times?”
- ☐ **Mat 18:35** So also my heavenly Father will do to every one of you, if  
you do not **forgive** your brother from your heart.”
- ☐ **Mar 2:7** “Why does this man speak like that? He is blaspheming!  
Who can **forgive** sins but God alone?”
- ☐ **Mar 2:10** But that you may know that the Son of Man has authority  
on earth to **forgive** sins”—he said to the paralytic—
- ☐ **Mar 11:25** And whenever you stand praying, **forgive**, if you have  
anything against anyone, so that your Father also who is  
in heaven may **forgive** you your trespasses.”<sup>[14]</sup>
- ☐ **Luk 5:21** And the scribes and the Pharisees began to question,  
saying, “Who is this who speaks blasphemies? Who can  
**forgive** sins but God alone?”

- [Luk 5:24](#) But that you may know that the Son of Man has authority on earth to **forgive** sins”—he said to the man who was paralyzed—“I say to you, rise, pick up your bed and go home.”
- [Luk 6:37](#) “Judge not, and you will not be judged; condemn not, and you will not be condemned; **forgive**, and you will be forgiven;
- [Luk 11:4](#) and **forgive** us our sins,  
for we ourselves **forgive** everyone who is indebted to us.  
And lead us not into temptation.”
- [Luk 17:3](#) Pay attention to yourselves! If your brother sins, rebuke him, and if he repents, **forgive** him,
- [Luk 17:4](#) and if he sins against you seven times in the day, and turns to you seven times, saying, ‘I repent,’ you must **forgive** him.”
- [Luk 23:34](#) And Jesus said, “Father, **forgive** them, for they know not what they do.”<sup>[fn]</sup> And they cast lots to divide his garments.
- [Jhn 20:23](#) If you **forgive** the sins of any, they are forgiven them; if you withhold forgiveness from any, it is withheld.”
- [2Co 2:7](#) so you should rather turn to **forgive** and comfort him, or he may be overwhelmed by excessive sorrow.
- [2Co 2:10](#) Anyone whom you **forgive**, I also **forgive**. Indeed, what I have forgiven, if I have forgiven anything, has been for your sake in the presence of Christ,
- [2Co 12:13](#) For in what were you less favored than the rest of the churches, except that I myself did not burden you?  
**Forgive** me this wrong!

📖 Col 3:13 bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must **forgive**.

📖 1Jo 1:9 If we confess our sins, he is faithful and just to **forgive** us our sins and to cleanse us from all unrighteousness.

### **Daily Implications**

- Health
- Happiness
- Relationship
- Professional Advancement

**WEEK - 2 Receiving Forgiveness**

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**1. Receive verses Obtain**

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

Heb. 4:16

**2. Sow to Grow**

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

**3. Retire the Gavel**

“Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven; Luke 6:37

**4. Be an honest Broker**

Pay attention to yourselves! If your brother sins, rebuke him, and if he repents, forgive him, and if he sins against you seven times in the day, and turns to you seven times, saying, ‘I repent,’ you must forgive him.” Luke 17:3 - 4

**5. Pivot to Prosper**

Repent so times of refreshing

## Week 3 - How to Forgive Others

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### Step 1: Move On to the Next Act

**Your past history and all** of your hurts are no longer here in your physical reality. Don't allow them to be here in your mind, muddying your present moments. Your life is like a play with several acts. Some of the characters who enter have short roles to play, others, much larger. Some are villains and others are good guys. But all of them are necessary, otherwise they wouldn't be in the play. Embrace them all, and move on to the next act.

### Step 2: Stay connected to The Holy Spirit

**Make a new agreement with yourself** to always stay connected to The Holy Spirit even when it seems to be the most difficult thing to do. If you do this, you will allow whatever degree of perfect harmony that your body was designed for to proliferate. Turn your hurts over to God, and allow His Spirit to flow through you.

Your new agreement with reality in which you've blended your physical self and your personality with your spiritual God-connected self will begin to radiate a higher energy of love and light. Wherever you go, others will experience the glow of your God consciousness, and disharmony and disorder and all manner of problems simply will not flourish in your presence. Become "an instrument of thy peace," as St. Francis desires in the first line of his famous prayer.

**Step 3: Don't Go to Sleep Angry**

**Each night as I drift off** to sleep, I adamantly refuse to use this precious time to review anything that I do not want to be reinforced in the hours of being immersed in my subconscious mind. I choose to impress upon my subconscious mind my conception of myself as a Divine creator in alignment with the one mind. I reiterate my *I ams*, which I have placed in my imagination, and I remember that my slumber will be dominated by my last waking concept of myself. I am peaceful, I am content, I am love, and I am a magnet for all of His goodness and mercy that will follow me everyday that I am alive.

**Step 4: Switch the Focus from Blaming Others to Understanding Yourself**

**Whenever you're upset over** the conduct of others, take the focus off those you're holding responsible for your inner distress. Shift your mental energy to allowing yourself to be with whatever you're feeling — let the experience be as it may, without blaming others for your feelings. Don't blame yourself either! Just allow the experience to unfold and tell yourself that no one has the power to make you uneasy without your consent, and that you're unwilling to grant that authority to this person. Remind yourself that the position of Lordship has already been taken by your free will to The Spirit of your loving Father.

**Tell yourself that you are** willing to freely experience your emotions without calling them “wrong” or needing to chase them away. In this way, you've made a shift to self-mastery. It's

important to bypass blame, and even to bypass your desire to understand the other person; instead, focus on understanding yourself.

**By taking responsibility** for how you choose to respond to anything or anyone, you're aligning yourself with the beautiful dance of life. By changing the way you choose to perceive the power that others have over you and you will see a bright new world of unlimited potential for yourself and you will know instantly how to forgive and let go of anything.

#### Step 5: Resist trying to control relationships

**Avoid thoughts and activities** that involve telling people who are perfectly capable of making their own choices what to do. In your family, remember that you do not own anyone.

*Your children are not your children. They are the sons and daughters of God longing for to find it's way. They come through you but not from you . . .*

**This is always true.** In fact, disregard any inclination to dominate in all of your relationships. Listen rather than expound. Pay attention to yourself when you're having judgmental opinions and see where self-attention takes you. When you replace an ownership mentality with one of allowing, you'll begin to see the true unfolding of the peace in yourself and other people. From that moment on, you'll be free of frustration with those who don't behave according to your ego-dominated expectations.

#### Step 6: Learn to Let Go and Be Like Water

**Rather than attempting** to dominate with your forcefulness, be like water: flow everywhere there's an opening. Soften your hard edges by being more tolerant of contrary opinions. Interfere less, and **substitute listening for directing and telling.** When

someone offers you their viewpoint, try responding with: “I’ve never considered that before—thank you. I’ll give it some thought.”

*When you give up interfering, and opt instead to stream like water—gently, softly, and unobtrusively— you become forgiveness itself.*

**Picture yourself as having** the same qualities as water. Allow your soft, weak, yielding, fluid self to enter places where you previously were excluded because of your inclination to be solid and hard. Flow softly into the lives of those with whom you feel conflicted: Picture yourself entering their private inner selves, seeing perhaps for the first time what they’re experiencing. Keep this image of yourself as gently coursing water, and watch how your relationships change.

#### **Step 7: Take Responsibility for Your Part**

**Removing blame means never assigning** responsibility to anyone else for what you’re experiencing. It means that you’re willing to say, “I may not understand why I feel this way, why I have this illness, why I’ve been victimized, or why I had this accident, but I’m willing to say without any guilt or resentment that I own it. I live with, and I am responsible for, having it in my life.”

**If you take responsibility** for having the experience, then at least you have a chance to also take responsibility for removing it or learning from it. If you’re in some small (perhaps unknown) way responsible for that migraine headache or that depressed feeling, then you can go to work to remove it or discover what its message is for you. If, on the other hand, someone or something else is responsible in your mind, then of course you’ll have to

wait until they change for you to get better. And that is unlikely to occur. So you go home with nothing and are left with nothing when peace is really on the other side of the coin.

### Step 8: Let Go of Resentments

**What causes annoyance and anger** after a dispute? The generic response would be a laundry list detailing why the other person was wrong and how illogically and unreasonably they behaved, concluding with something like, “I have a right to be upset when my [daughter, mother-in-law, ex-husband, boss, or whomever you’re thinking of] speaks to me that way!”

**But if you’re interested** in living a peace-filled life, it’s imperative that you reverse this kind of thinking. Resentments don’t come from the conduct of the other party in an altercation—no, they survive and thrive because you’re unwilling to end that altercation with an offering of kindness, love, and authentic forgiveness.

**So when all of the yelling, screaming,** and threatening words have been expressed, the time for calm has arrived. Remember that no storm lasts forever, and that hidden within are always seeds of tranquility. There is a time for hostility and a time for peace.

### Step 9: Be Kind Instead of Right

**There is a Chinese proverb,** *If you’re going to pursue revenge, you’d better dig two graves,* which is saying to me: your resentments will destroy you.

**The world is just the way** it is. The people who are behaving “badly” in the world are doing what they’re supposed to be doing. You can process it in any way that you choose. If you’re filled with anger about all of those “problems,” you are one more person who contributes to the pollution of anger. Instead, remember that you have no need to make others wrong or to retaliate when you’ve been wronged.

**Imagine if someone says something** to you that you find offensive, and rather than opting for resentment, you learn to depersonalize what you’ve just heard and respond with kindness. You are willing to freely send the higher, faster energies of love, peace, joy, forgiveness, and kindness as your response to whatever comes your way. You do this for yourself. You would rather be kind than right.

#### Step 10: Practice Giving

**In the midst of arguments** or disagreements, practice giving rather than taking before you exit. Giving involves leaving the ego behind. While it wants to win and show its superiority by being contrary and disrespectful, your Tao nature wants to be at peace and live in harmony. You can reduce your quarreling time to almost zero if you practice this procedure:

**Wherever you are, whenever you feel** strong emotions stirring in you and you notice yourself feeling the need to “be right,” silently recite the following words from the *Prayer of Saint Francis*:

*Where there is injury, [let me bring] pardon.*

**Be a giver of forgiveness** as he teaches: Bring love to hate, light to darkness, and pardon to injury. Read these words daily, for they’ll help you overcome your ego’s demands and know the fullness of life.

**Step 11: Stop Looking for Occasions to Be Offended**

**When you live at or below ordinary levels** of awareness, you spend a great deal of time and energy finding opportunities to be offended. A news report, a rude stranger, someone cursing, a sneeze, a black cloud —just about anything will do if you're looking for an occasion to be offended. Become a person who refuses to be offended by any one, any thing, or any set of circumstances

**If you have enough faith** in Him, you'll find that it's impossible to be offended by the beliefs and conduct of others.

**Not being offended is** a way of saying, "I have control over how I'm going to feel, and I choose to feel peaceful regardless of what I observe going on. When you feel offended, you're practicing judgment. You judge someone else to be stupid, insensitive, rude, arrogant, inconsiderate, or foolish, and then you find yourself upset and offended by their conduct. What you may not realize is that when you judge another person, you do not define them. You define yourself as someone who needs to judge others.

**Step 12: Don't Live In the Past – Be Present**

When we find it difficult to forgive, often it is because we are not living in the present, and instead, we assign more importance to the past. We assign a good portion of our energy and attention lamenting the good old days that are gone forever as the reason why we can't be happy and fulfilled today. *"Everything has*

*changed,” “No one respects anyone else like they used to...”* This is assigning responsibility to the past for why you can't be happy today.

**It's doubtful that other creatures** waste the present moment in thoughts of past and future. A beaver only does beaver, and he does it right in the moment. He doesn't spend his days ruminating over the fact that his beaver siblings received more attention, or his father beaver ran off with a younger beaver when he was growing up. He's always in the now. We can learn much from God's creatures about enjoying the present moment rather than using it up consumed with anger over the past or worry about the future. Practice living in the moment by appreciating the beauty around you now.

### **Step 13: Embrace Your Hard Times**

**In a universe that's an intelligent** system with a divine creative force supporting it, there simply can be no accidents. As tough as it is to acknowledge, you had to go through what you went through in order to get to where you are today, and the evidence is that you did. Every spiritual advance that you will make in your life will very likely be preceded by some kind of fall or seeming disaster. Those dark times, accidents, tough episodes, break ups, periods of impoverishment, illnesses, abuses, and broken dreams were all in order. They happened, so you can assume they had to and you can't unhappen them.

**Embrace them from that perspective,** and then understand them, accept them, honor them, and finally transform them.

**Step 14: Refrain from Judgement**

**When you stop judging and simply** become an observer, you will know inner peace. With that sense of inner peace, you'll find yourself happier and free of the negative energy of resentment. A bonus is that you'll find that others are much more attracted to you. A peaceful person attracts peaceful energy.

**If I'm to be a being of love living** from my highest self, that means that love is all I have inside of me and all that I have to give away. If someone I love chooses to be something other than what my ego would prefer, I must send them the ingredients of my highest self, which is God, and God is love.

**My criticism and condemnation** of the thoughts, feelings, and behavior of others—regardless of how right and moral my human self convinces me it is—is a step away from God-realization. And it is God-consciousness that allows for my wishes to be fulfilled, as long as they are aligned with my Source of being. I can come up with a long list of reasons why I should be judgmental and condemnatory toward another of God's children and why, damn it, I am right. Yet if I want to perfect my own world—and I so want to do so—then I must substitute love for these judgments.

**Step 15: Send Love**

**God** reminded us several thousands of years ago that when we are steadfast—which means that we never slip in our abstention of thoughts of harm directed toward others—then all living creatures cease to feel enmity in our presence.

**Now I know that we are all human:** you, me, all of us. We do occasionally slip and retreat from our highest self into judgment, criticism, and condemnation, but this is not a rationale for

choosing to practice that kind of interaction. I can only tell you that when I finally got it, and I sent only love to another of God's children whom I had been judging and criticizing, I got the immediate result of inner contentment.

**I urge you to send love** in place of those judgments and criticisms to others when you feel they impede your joy and happiness, and hold them in that place of love. Notice that if you stay steadfast, **when you change the way you look at things, the things you look at change.**

### **A Meditation to End on Love**

**Picture yourself** at the termination of a quarrel or major dispute. Rather than reacting with old patterns of residual anger, revenge, and hurt, visualize offering kindness, love, and forgiveness.

**Do this right now** by sending out these "true virtue" thoughts to any resentments you're currently carrying. Make this your standard response to any future altercations: *I end on love, no matter what!*