

WHAT DOES IT MEAN TO FORGIVE AND FORGET?

To Forgive...Divine - Part 4 of 6

Sharon Meade 2-6/7-2010

"If my troubles and grief were weighed on a scale, they would weigh more than the sands of the sea."

Job 6:1

"... He has filled my life with bitterness."

Job 9:18

HOW WE LEARN TO FORGIVE AND FORGET

1. REVEAL YOUR HURT

"I can't be quiet. I am angry and bitter. I have to speak."

Job 7:11

"Listen to my bitter complaint. Don't condemn me, God!"

Job 10:1

Choose your reaction to hurt...

* You can REPRESS it.

* You can EXPRESS it.

* You can CONFESS it.

2. RELEASE YOUR OFFENDER

"Do not repay anyone evil for evil. If it is possible, as far as it depends on you live at peace with everyone."

Romans 12:17

Releasing is not...

giving Approval for what was done.

the same as Reconciliation.

"After Job prayed for his three friends, the Lord makes him prosperous again and gave him twice as much as he had before!"

Job 42:10

3. REFOCUS YOUR LIFE

"Put your heart right, reach out to God... then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more."

Job 11:13-16

Steps in refocusing:

*Put your heart right."

*Reach out to **God**

*Face the world again firm and courageous

"The Lord blessed the last part of Job's life even more than He blessed the first."

Job 42:12