

## Today, I Choose to Forgive!

By Dr. David H. McKinley

*Be careful that none of you fails to respond to the grace of God, for if he does there can spring up in him a bitter spirit which can poison the lives of many others.* HEBREWS 12:14

*Let all bitterness... be put away from you.*

EPHESIANS 4:31

*Have you considered My servant Job, that there is none like him on the earth, a blameless and upright man, one who fears God and turns away from evil?* JOB 1:8

*Does Job fear God for nothing? Have You not made a hedge around him, around his household, and around all that he has on every side? You have blessed the work of his hands, and his possessions have increased in the land. But now, stretch out Your hand and touch all that he has, and he will surely curse You to Your face!* JOB 1:9-11

### I. CONSIDER THE CONFLICTS THAT LEAD TO BITTERNESS

- Lose things we value
- Hurt by people we love
- Frustrated by things we can't explain
- Disappointed by things that don't work out
- Made insecure by our lack of control

*Be careful that none of you fails to respond to the grace of God, for if he does there can spring up in him a bitter spirit which can poison the lives of many others.* HEBREWS 12:15

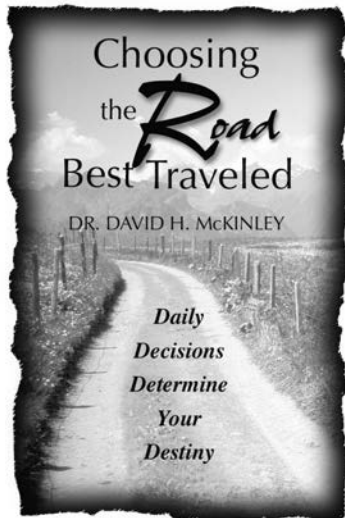
### II. CALCULATE THE RESPONSES TO CONFLICT THAT INCREASE BROKENNESS

#### • Tantrums

*A fool gives vent to his anger, but a wise man keeps himself under control.* PROVERBS 29:11

*"If you are angry, count to ten; if you are real angry, count to one hundred."* THOMAS JEFFERSON

#### • Time Bombs



"Repressed (unresolved) anger hurts and keeps on hurting. If you always deal with it simply by holding it firmly in check or sweeping it under the rug, without any form of release or healing, it can produce rigidity and coldness in personality."

DR. DAVID AUGSBURGER

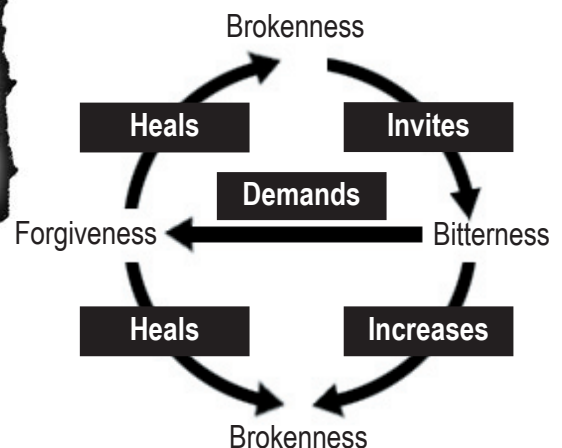
#### • Truckers

#### • Titanics

#### • Thermometers

Wrong response to the hurts and hardships of life will not bring right outcomes.

### III. CONCENTRATE ON FORGIVENESS IN ALL THE CIRCUMSTANCES OF LIFE



*I have heard of You by the hearing of the ear, but now my eye sees You!* JOB 42:5

*"What a wonderful life I've had! If only I realized it sooner."*

COLETTE

#### LEMON LAWS FOR YOUR LIFE:

- Admit the bitter taste you have experienced
- Stop feeding your bitterness
- Wash your mind with God's Word
- Develop a reconciling spirit
- Allow time for recovery
- Trust in God's control in all circumstances

*But as for you, you meant evil against me; but God meant it for good, in order to bring it about as it is this day to save many people alive.* GENESIS 50:20