

Series: God's Answer to Your Needs – Part 6  
Scripture: Matthew 6:12 & 14  
Date: August 5, 2007

## HOW TO GET OVER A HURT

### **WHY FORGIVE?**

*Matthew 6:12-14 "Forgive us our debts, as we have forgiven our debtors. For if you forgive others when they sin against you, your heavenly father will also forgive you."*

**1. Because \_\_\_\_\_ has \_\_\_\_\_ me.**

*Col. 3:13 (Living Bible) "Be ready to forgive. Never hold grudges. Remember the Lord forgave you so you must forgive others."*

*Matthew 18:23-35*

**2. Because \_\_\_\_\_ doesn't work.**

*Job 5:2 Resentment kills a fool... (CEV) "To worry yourself to death with resentment would be a foolish, senseless thing to do."*

*Psalms 106:33 (Good News) "He was so bitter he spoke without thinking"*

*Job 18:4 "You are only hurting yourself with your anger."*

**3. Because I'll need \_\_\_\_\_ in the \_\_\_\_\_.**

*Mark 11:25 "When you are praying, first forgive anyone you are holding a grudge against so that your Father in heaven will forgive your sins too."*

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**1. Never \_\_\_\_\_.**

*Proverbs 20:22 Do not say, "I'll pay you back for this wrong!" Wait for the LORD, and he will deliver you.*

*Romans 12:17-19 Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone. [19] Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.*

**2. You deal with it \_\_\_\_\_.**

*Ephesians 4:26 (Living Bible) "Don't sin by nursing your grudge. Don't let the sun go down with you still angry. Get over it quickly."*

**3. Forgive them \_\_\_\_\_.**

*Ephesians 4:32 And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.*

**4. Do \_\_\_\_\_ to them.**

*Luke 6:27-28,35 "Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you... But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be sons of the Most High, because he is kind to the ungrateful and wicked."*

*Philippians 4:13 "I can do all things through Christ who strengthens me."*