

## From anger to forgiveness

1. Often we fail to properly address anger because we do not choose to take responsibility for our own emotions. You may have heard others say: “You make me angry.” The implication is that the cause of one’s anger resides in the offender and not the one expressing the anger. This is a refusal to own up to your own responsibility.
2. Galatians 5:19-21 makes it plain that anger resides in us.
3. Forgiveness is a promise that is immediately granted to a repentant offender that serves as a basis for eventual emotional healing. **IT PRECEDES EMOTIONAL HEALING.**
4. Since the brain catalogs painful experiences, forgetting an experience is different from “remembering no more.” “Remembering no more” requires that we exercise our will to refrain from bringing up the past and when we do remember it, to view it in a different way.
5. Even when forgiveness is offered and received, emotional pain remains. Ephesians 4:17-24 gives us a “put on – put/ off strategy.
6. Forgiveness is unconditional in that it is based on Christ’s finished work. It is conditional in that it is based on confession and repentance.
7. Luke 17: 3, 4 tells us to look at ourselves. See also Mark 11:25.
8. Forgiveness opens the door for progress to be made in bringing reconciliation and restoration.
9. Motivation for forgiveness is found in Matthew 22:37-39
10. Bitterness is the end game when the path of forgiveness is forsaken.