

WALLS

Breaking Through the Wall of Unforgiveness (Part II)

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- **Unforgiveness is a wall that:**

Deteriorates our humanity.

Sickens our bodies (brain health).

Steals our happiness.

Forgiveness: Restores our humanity, health, & happiness. (Colossians 3:12-13 CSB)

- **What is Forgiveness?** (John 1:29)

“Forgiveness is God's invention for coming to terms with a world in which people are unfair to each other and hurt each other deeply. He began by forgiving us. And He invites us all to forgive each other.” - Lewis B. Smedes

- **When we forgive, we cultivate our healing & freedom.** (Matthew 5:43-45)

“When you release the wrongdoer from the wrong, you cut a malignant tumor out of your inner life.” - Lewis B. Smedes

“You set a prisoner free, but you discover that the real prisoner was yourself.” - Lewis B. Smedes

- **Forgiveness breaks down the wall that dark powers build in our lives.** (Colossians 1:13-14)

“Forgiving is love's toughest work and love's biggest risk. If you twist it into something it was never meant to be, it can make you a doormat or an insufferable manipulator. Forgiving seems almost unnatural. Our sense of fairness tells us people should pay for the wrong they do. But forgiving is love's power to break nature's rule.” - Lewis B. Smedes

- **Forgiveness doesn't mean we enable sin.**

“You can forgive someone almost anything. But you cannot tolerate everything...We don't have to tolerate what people do just because we forgive them for doing it. Forgiving heals us personally. To tolerate everything only hurts us all in the long run.” - Lewis B. Smedes

Soul-tattoo: Celebrate the Lord's Supper in your home tonight. (Matthew 26:26-28)

Action: Work through the Conversation Guide.