It's Time to Heal

Reach for Forgiveness

Pastor Derwin L. Gray

11.01.26

35 minutes

Unforgiveness will keep you unhealed.

1) The Physiological Cost
   - Cardiovascular Strain
   - Immune Suppression

2) The Psychological Cost
   - Mental Health Disorders
   - Bitterness and Cynicism

3) The Relational Cost
   - Inability to Trust

4) The Identity Cost
   - The Victim Narrative

5) The Discipleship Cost
   - A lack of forgiveness is a lack of grace embraced.

> For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. Matthew 6:14-15 NIV

How Do We R.E.A.C.H for Forgiveness:

> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32 NIV

R — Recall the Hurt.

- Forgiveness begins when you honestly acknowledge the pain of what happened instead of denying, minimizing, or burying it.

E — Empathize with the Offender.

- Forgiveness deepens when you begin to understand the wounds that may have shaped the person who hurt you. Understanding their pain can cultivate compassion without excusing their behavior.

A — Altruistically Forgive.

- Forgiveness becomes an expression of grace when you extend to others the mercy you have received from Jesus, without demanding anything in return.

C — Commit to Forgiveness.

- Forgiveness takes root when you recognize that forgiveness is not merely a feeling. It's a decision to release personal vengeance, even when painful emotions remain.

H — Hold on to Forgiveness.

- Forgiveness becomes a way of life when you continue choosing grace, even when memories resurface and old emotions return.

The next day John saw Jesus coming toward him and said, "Look, the Lamb of God, who takes away the sin of the world." John 1:29 NIV

- "Who were able to forgive their former enemies were able also to return to the outside world and rebuild their lives, no matter what the physical scars. Those who nurse their bitterness remain invalid. It was as simple and as horrible as that." Corrie Ten Boom
- **Invitation**

INVITATION PRAYER – Tap Plate

Soul Tattoo: Reach for forgiveness.

Action Step: Be in the room on November 9 for Night of Vision as we step into what God has for our church in 2027.

Pastor Derwin – explain anointing and toss to campus host to give instructions.

Anointing Prayer - "Jesus reached to forgive you, and, in the Spirit, He reaches to forgive through you."