

OVERCOMING HEART PROBLEMS

Based on a study by Wendell Winkler

Lesson 1 - Overcoming Unforgiveness

Intro: There are three kindred spirits of the heart - giving, forgiving, and thanksgiving. And, usually where you find one, you will find the others. (Winkler)

1. To define forgiveness, let's look at what God does when he forgives.

- Acts 3:19 - Forgiveness removes the wrongdoing from the R_____.
- Heb.8:12 - Forgiveness is putting it out of your M_____.
- Luke 15:20-24 - Forgiveness is R_____ TION.

Exemplified: Esau & Jacob, Joseph & his brothers, David & Saul.

2. Have I really forgiven my offender test?

- Do I secretly R_____ when misfortune strikes my offender?
- Do I purposely A_____ their presence?
- Do I speak to them only under when there is no other C_____?
- Do I vividly remember the W_____ committed?
- Do I ever sit in silence and B_____ over the wrongdoing committed?
- Would I anxiously and happily P_____ for them if needed?
- Have I sought an opportunity to do them a F_____?

3. The importance and necessity of forgiveness.

- Col.3:13 - It is a C_____!
- Luke 23:34 - The E_____ of Jesus demands it!
- Acts 7:60 - Stephen shows us how to F_____ Jesus' example!
- Matt.6:14-15 - In order for us to be F_____!
- 1 Jo.1:7-10 - To enable us to W_____ with Jesus!
- Matt.18:21-35 - Jesus taught on the W_____ of an unforgiving man!

4. How you learn and cultivate forgiveness:

- Remember that hatred, ill-will, and B_____ does more harm to the hater than the hated.
- It will be easier to forgive when you remember how greatly you have been F_____.
- Ask for God's H_____.
- Speak to others in a _____ manner about the one that has done you an injustice.
- (1 Kings 3:9) Develop an U_____ heart.
- Cultivate the grace of M_____ and C_____.

5. How am I to forgive?

- (Matt.18:35) - From the H_____.
- (Matt.18:33, Eph.4:32, Col.3:13) - As _____.

6. Concluding thoughts:

- (Matt.18:21-22) Jesus said to forgive "70 X 7", what do you think he meant?
- Who must take the initiative in the matter of forgiveness, the offender or the offended? (Read Matt.5:23-24 & Matt.18:15-17)