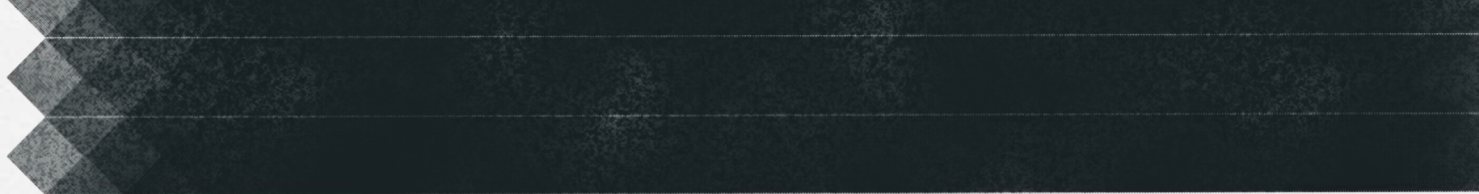




CROSS  
RAINED

*Let it Go*




For all have sinned and fall short of the  
glory of God.



CROSS  
RAINED

Romans 3:23



Jesus cancels our debt of sin by nailing it to  
the cross



CROSS  
RAINED

Colossians 2:14 (paraphrase)

CROSS  
RAINED



*Let it Go*

Completely x Completely + Completely

7 x 10 + 7

CROSS  
RAINED

## Master and Servant (27-30)



CROSS  
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CROSS  
RAINED



*Let it Go*

Master and Servant (27-30)

The Pain of Unforgiveness (31-35)



# The Pain of Unforgiveness

Everyone who has *received* God's forgiveness must *pass on* God's forgiveness.

# The Pain of Unforgiveness

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...



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# The Pain of Unforgiveness

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.



CROSS  
RAINED

Romans 12:17-19

# The Pain of Unforgiveness

Focus on what God has done *for* us, not what others have done *to* us.



CROSS  
RAINED

# The Pain of Unforgiveness

In fact, the law requires that nearly everything be cleansed with blood, and without the shedding of blood there is no forgiveness.



CROSS  
RAINED

Hebrews 9:22

# The Pain of Unforgiveness

For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.



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Matthew 6:14-15

Master and Servant (27-30)

The Pain of Unforgiveness (31-35)

Giving up the Grudge

# Giving up the Grudge

*“Social scientists are discovering that forgiveness may lead to victims’ emotional and even physical healing and wholeness.”*

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~Gary Thomas



# Giving up the Grudge

*“[Forgiveness] not only heightens the potential for reconciliation, but also releases the offender from prolonged anger, rage, and stress...”*

# Giving up the Grudge

*“that have been linked to physiological problems, such as cardiovascular diseases, high blood pressure, hypertension, cancer, and other psychosomatic illness.”*

# Giving up the Grudge

*“To embrace the call to forgive is ultimately an act of self-defence.”*

CROSS  
RAINED

~Lewis Smede

# What Forgiveness is Not

Ignoring or Forgetting

Condoning or Excusing

Tolerating or Allowing Further Abuse

Reconciliation or Restoration

Relationship goes back to normal

Offender escapes consequence or justice

CROSS  
RAINED

~Lewis Smede "The Art of Forgiveness"

# Giving up the Grudge

*“Being unwilling to forgive means that we hold everyone around us to a standard of perfection.”*

CROSS  
RAINED

~Gary Thomas