

Beyond Sunday with Scripture References

Just Say No to Unforgiveness

A Sermon Application Guide

This guide is designed to offer a simple tool for those wanting to take the next step with this message. You can print this guide to study on your own, or use it in a group and experience transformation together.

Message Theme & Prayer Focus

Just Say No

“Father, thank you for your forgiveness. Thank you for loving me and for giving me your heart for others. Thank you for your peace that surpasses all understanding guarding my heart and mind from offense. Holy Spirit, lead me in your love to minister to those around me according to your plan for our lives, equipping me to do all that you have called me to do, in Jesus’ name. Amen!”

Key Concepts/Truths

God’s grace exists to give us salvation now, not just when we die. It empowers us to resist the devil and our flesh, and to follow Christ as the person God designed us to be.

Jesus tied together prayer to the Father and our forgiveness of others. When we go to prayer, we should always be asking God to search us and look into our heart for any unforgiveness and then do something about it.

In saying that we should forgive anyone for anything, Jesus was not minimizing wrongful actions taken against us. He was saying that regardless of the action, unforgiveness eats away at us like a poison and works through the rest of our lives like unwanted weeds.

The good news of the Kingdom is a gospel of forgiveness. God restored the world to Himself, no longer counting our sins against us. Jesus calls us to forgive as He forgives.

There are four elements of forgiveness toward others that we should remember in order to fully reap the benefit of forgiveness in our lives.

- Love them
- Bless them
- Do good to them
- Pray for their good

We deceive ourselves by thinking we can have a laser focus in our unforgiveness toward someone, when in reality, unforgiveness is like a bomb that takes down everyone around it. When we don’t forgive, it gives the devil an open door to come in and attack our lives.

We need to extend forgiveness to everyone, for everything, every time. When we do, God enlarges our heart and gives us supernatural compassion for others.

As Christians, we have been called to do what God says is right toward others, even taking unwarranted punishment because of it. Christ, even unto death, was the perfect example for us to follow. The church is to be the forgiving community of forgiven sinners.

Key Verses:

Mark 11:23-26 • Acts 7:59-60 • 2 Corinthians 5:19 • Matthew 5:44 • Matthew 18:21-24 • Hebrews 12:14-15 • 1 Peter 2:18-22 • Ephesians 4:26-27 • 1 Samuel 18:8-10 • Proverbs 14:30

Daily Application

We will never truly enjoy the blessings that we have in our lives when we have unforgiveness in our heart. Unforgiveness doesn't hurt the person who wronged us, it hurts us. We may have even heard it said that unforgiveness is like drinking poison expecting the other person to suffer. With this in mind, why do we still harbor unforgiveness in our hearts?

It may not be a simple and easy thing to forgive an offense, but it is what we are called to do. Sometimes the act of forgiving can seem insurmountable so we give up before we begin without realizing the immense life that is on the other side of it. Even Jesus faced an incredibly difficult path in enduring the cross, but He was able to because He knew what was on the other side. Hebrews says that for the joy set before Him, Jesus endured the cross.

When we recognize an area in our life that we are holding unforgiveness in, hesitating to extend it to someone, we aren't considering the joy that is on the other side of forgiving them. We're staying stuck. But that joy and life is the exact thing our Heavenly Father sees just on the other side of forgiveness. If we're struggling to forgive, we can ask God to show us His perspective of the situation, the joy on the other side, and the glory that He will receive because of it. When we have those things in our heart, forgiveness is a natural path to walk, and we will glorify our Father in Heaven by doing so.

This Week's Declarations

"I release any unforgiveness in my life and I no longer give place to the devil through it. I release any person that has wronged me or others in any way by the power and love of God's forgiveness inside of me. I am full of God's forgiveness. I am full of God's love for those who hurt me, or act, look, and speak differently than me. I am a child of God created in His image and likeness and so are they. I accept God's forgiveness in my life and I extend it to those around me everywhere I go in Jesus' name!"

What's Next?

Now it's time to write down anything that the Lord has spoken to you. Praise Him, Thank Him and ask the Holy Spirit to help you walk this out.

Scripture References

Just Say No to Unforgiveness

Titus 2:11-14 NIV

For the grace of God has appeared that offers salvation to all people. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ, who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.

Mark 11:23-26 NKJV

For assuredly, I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them. “And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. But if you do not forgive, neither will your Father in heaven forgive your trespasses.”

Luke 23:34 NKJV

Then Jesus said, “Father, forgive them, for they do not know what they do.”

Matthew 6:12 NMB

And forgive us our trespasses, as we forgive them that trespass against us.

Acts 7:60 NKJV

Then he knelt down and cried out with a loud voice, “Lord, do not charge them with this sin.”

2 Corinthians 5:19 TLB

For God was in Christ, restoring the world to himself, no longer counting men’s sins against them but blotting them out.

Matthew 18:21-22 NKJV

Then Peter came to Him and said, “Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?” Jesus said to him, “I do not say to you, up to seven times, but up to seventy times seven.

Luke 17:5 NKJV

And the apostles said to the Lord, “Increase our faith.”

Matthew 18:21-35 NKJV REF

Then Peter came to Him and said, “Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?”

Jesus said to him, “I do not say to you, up to seven times, but up to seventy times seven. Therefore the kingdom of heaven is like a certain king who wanted to settle accounts with his servants. And when he had begun to settle accounts, one was brought to him who owed him ten thousand talents. But as he was not able to pay, his master commanded that he be sold, with his

wife and children and all that he had, and that payment be made. The servant therefore fell down before him, saying, 'Master, have patience with me, and I will pay you all.' Then the master of that servant was moved with compassion, released him, and forgave him the debt.

"But that servant went out and found one of his fellow servants who owed him a hundred denarii; and he laid hands on him and took *him* by the throat, saying, 'Pay me what you owe!' So his fellow servant fell down at his feet and begged him, saying, 'Have patience with me, and I will pay you all.' And he would not, but went and threw him into prison till he should pay the debt. So when his fellow servants saw what had been done, they were very grieved, and came and told their master all that had been done. Then his master, after he had called him, said to him, 'You wicked servant! I forgave you all that debt because you begged me. Should you not also have had compassion on your fellow servant, just as I had pity on you?' And his master was angry, and delivered him to the torturers until he should pay all that was due to him.

"So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses."

Hebrews 12:14-15 NKJV

Pursue peace with all people, and holiness, without which no one will see the Lord: looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled;

1 Peter 2:18-22 NKJV

Servants, be submissive to your masters with all fear, not only to the good and gentle, but also to the harsh. For this is commendable, if because of conscience toward God one endures grief, suffering wrongfully. For what credit is it if, when you are beaten for your faults, you take it patiently? But when you do good and suffer, if you take it patiently, this is commendable before God. For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps...

Ecclesiastes 7:9 NKJV

Do not hasten in your spirit to be angry, For anger rests in the bosom of fools.

Esther 5:11-13 NKJV

Then Haman told them of his great riches, the multitude of his children, everything in which the king had promoted him, and how he had advanced him above the officials and servants of the king. Moreover Haman said, "Besides, Queen Esther invited no one but me to come in with the king to the banquet that she prepared; and tomorrow I am again invited by her, along with the king. Yet all this avails me nothing, so long as I see Mordecai the Jew sitting at the king's gate."

Ephesians 4:26-27 NKJV

"Be angry, and do not sin": do not let the sun go down on your wrath, nor give place to the devil.

1 Samuel 18:8-10 NKJV

Then Saul was very angry, and the saying displeased him; and he said, "They have ascribed to David ten thousands, and to me they have ascribed only thousands. Now what more can he have but the kingdom?" So Saul eyed David from that day forward. And it happened on the next day that the distressing spirit from God came upon Saul,

James 4:7 NKJV

Therefore submit to God. Resist the devil and he will flee from you.

Luke 10-19 NKJV

Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you.

Proverbs 14:30 AMP

A calm and peaceful and tranquil heart is life and health to the body, But passion and envy are like rottenness to the bones.