



Amends



Forgiving and being forgiven



The importance of amends

Unresolved conflicts cause immense damage to us and the people in our lives.

We are not in step with God when we withhold forgiveness or do not seek forgiveness



Matthew 5:7,9 (NLT)

7. God blesses those who are merciful,
for they will be shown mercy.

9. God blesses those who work for peace,
for they will be called the children of God.



Matthew 5:23-24 (NLT)

23. “So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, 24. leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.”



The importance of amends

Resentment - bleeds into other areas of our lives, makes us miserable, and damages our walk with Christ.

Guilt/Shame - isolates us, makes us miserable, and damages our walk with Christ.



Forgiving others

Forgiveness is a choice to release anger and resentments.



Colossians 3:13 (NLT)

13. Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.



Benefits of forgiving others

- Improved mental health
- Fewer symptoms of depression
- Greater self-esteem
- Lower blood pressure
- Stronger immune system
- Longer life



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We don't want to condone their behavior.



Forgiveness IS NOT giving the perpetrator a free pass.

In fact, forgiveness is not about them.



What can we do?

Pray.



Matthew 6:9-13 (NIV)

This, then, is how you should pray:

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done,
On earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
As we also have forgiven our debtors.
And lead us not into temptation,
But deliver us from the evil one.



Matthew 6:9-13 (NLT)

Pray like this:

Our Father in heaven,
May your name be kept holy.
May your Kingdom come soon.
May your will be done on earth,
As it is in heaven.
Give us today the food we need,
And forgive us our sins,
As we have forgiven those who sin against us.
And don't let us yield to temptation,
But rescue us from the evil one.



What can we do?

Pray.

Have empathy and compassion.



What can we do?

Pray.

Have empathy and compassion.

Remember your part.



What about being forgiven?

Seeking and accepting forgiveness is equally as important as offering it.



Asking for forgiveness

Focus ONLY on your part.

Acknowledge the harm you caused.

Expect nothing in return.

Be prepared for rejection.



Remember...

They may not be ready.

They may be hostile.

You cannot force them to talk.

It's not about them.



Above all, DO NOT attempt to contact someone when it would cause harm to them or others.



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