

Forgiveness Worksheet

The dictionary defines forgiveness as the act of:

1. Excusing a mistake or offense
2. Renouncing anger or resentment against
3. Absolving from payment of (a debt, for example)

1. Carol Luebering, a free-lance writer, says: “You *need* to forgive so that you can move forward with life. An unforgiven injury binds you to a time and place someone else has chosen; it holds you trapped in a past moment and in old feelings. Forgiveness is your ticket to freedom.” Do you agree or disagree with this assessment? Why?

2. What do these verses mean to you?

- a. Matthew 6:14-15: 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.

- b. Mark 11:25-26: And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins.

- c. Luke 6:37: Do not judge and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.

- d. Luke 11:4: Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation.

- e. 2 Corinthians 2:7-11: Now instead, you ought to forgive and comfort him, so that he will not be overwhelmed by excessive sorrow. I urge you, therefore, to reaffirm your love for him. The reason I wrote you was to see if you would stand the test and be obedient in everything. If you forgive anyone, I also forgive him. And what I have forgiven—if there was anything to forgive—I have forgiven in the sight of Christ for your sake, in order that Satan might not outwit us. For we are not unaware of his schemes.

3. What does God’s word say to you?

4. How will you incorporate forgiveness in your marriage right now?