



I Am A Jesus Follower Because...

Stories of Lived Experiences

Part 5: His Forgiveness Set Me Free

Pastor Ryan Bunbury

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Be kind and compassionate to one another; forgiving each other, just as in Christ God forgave you. Ephesians 4:32 (NIV).

21) Peter approached Jesus and said, “How many times do I have to forgive my fellow believer who keeps offending me? Seven times [in one day]?”

22) Jesus answered, “Not seven times, Peter, but seventy times seven times!”

The Gospel Lesson: Stop counting! Jesus continually forgives, so we continually forgive.

How to Continually Forgive – THREE Helpful Steps:

1) Be Kind and Compassionate

- One way to forgive is by embodying Jesus’ lovingkindness and empathetic compassion.
- #DoTheNextSweetThing
- *Why* be sweet and treat others with gentleness and understanding when they have deeply hurt me?

2) Forgive as God Forgave You

- Reflect on the depth of God’s forgiveness in your own life, then extend that same forgiveness to those who have wronged you.
- “Forgiveness is not an occasional act, it is a constant attitude.” - Rev. Dr. Martin Luther King Jr.
- The Truth of The Matter: We are never more like Jesus than when we forgive.

3) Let Go of Bitterness and Resentment

Truth in Action: Holding on to a grudge doesn’t make you strong; it makes you bitter. Forgiving doesn’t make you weak; it sets you free.

- Forgiveness involves releasing negative emotions, allowing healing and reconciliation to free you.
- How do I forgive when all I feel is bitterness and resentment for the emotional pain I’ll never forget?
- You can be freed from the weight of it all by letting go of it all and surrendering it all into the hands of Jesus.

F – Find strength in letting go, burdens release.

O – Open communication, conflicts decrease.

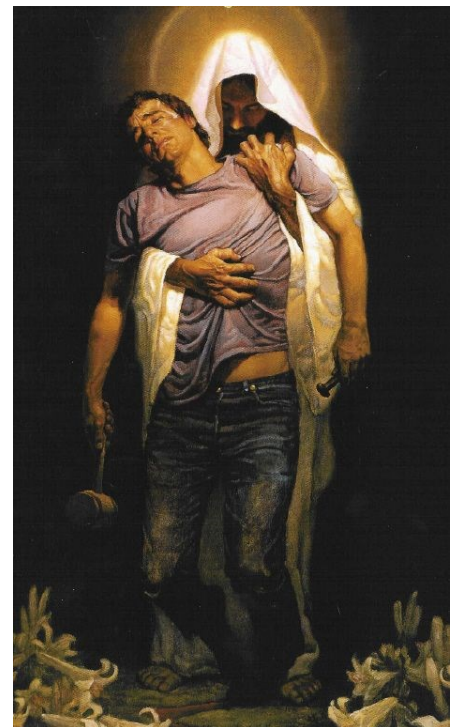
R – Repair relationships, foster lasting peace.

G – Give second chances, judgment should cease.

I – Invest in understanding, empathy increase.

V – Validate feelings, create a bridge of ease.

E – Embrace growth through forgiveness, find freedom and inner release.



Jesus, please help. I choose to forgive _____.

-U R 1 decision away from an abundantly free life: *Jesus!*

Salvation Prayer:

Dear Jesus: I repent of my sin. Please be my Savior and Lord. In Jesus' Name, Amen