



What Does God Say About Forgiveness

Leslie Horrillo, St Stephen, Mtn View



- [Bing Videos](#)

- 
- *What is there which, the more you hold onto it, the more you lose? And which, the more you let go, the more you gain?*







***Holding onto
resentments is like
drinking poison
and expecting the
other person to die.***





- **Paul tells us in Romans 12:17-21:**
“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 in peace with everyone. 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. On the contrary: If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head. Do not be overcome by evil, but overcome evil with good.”

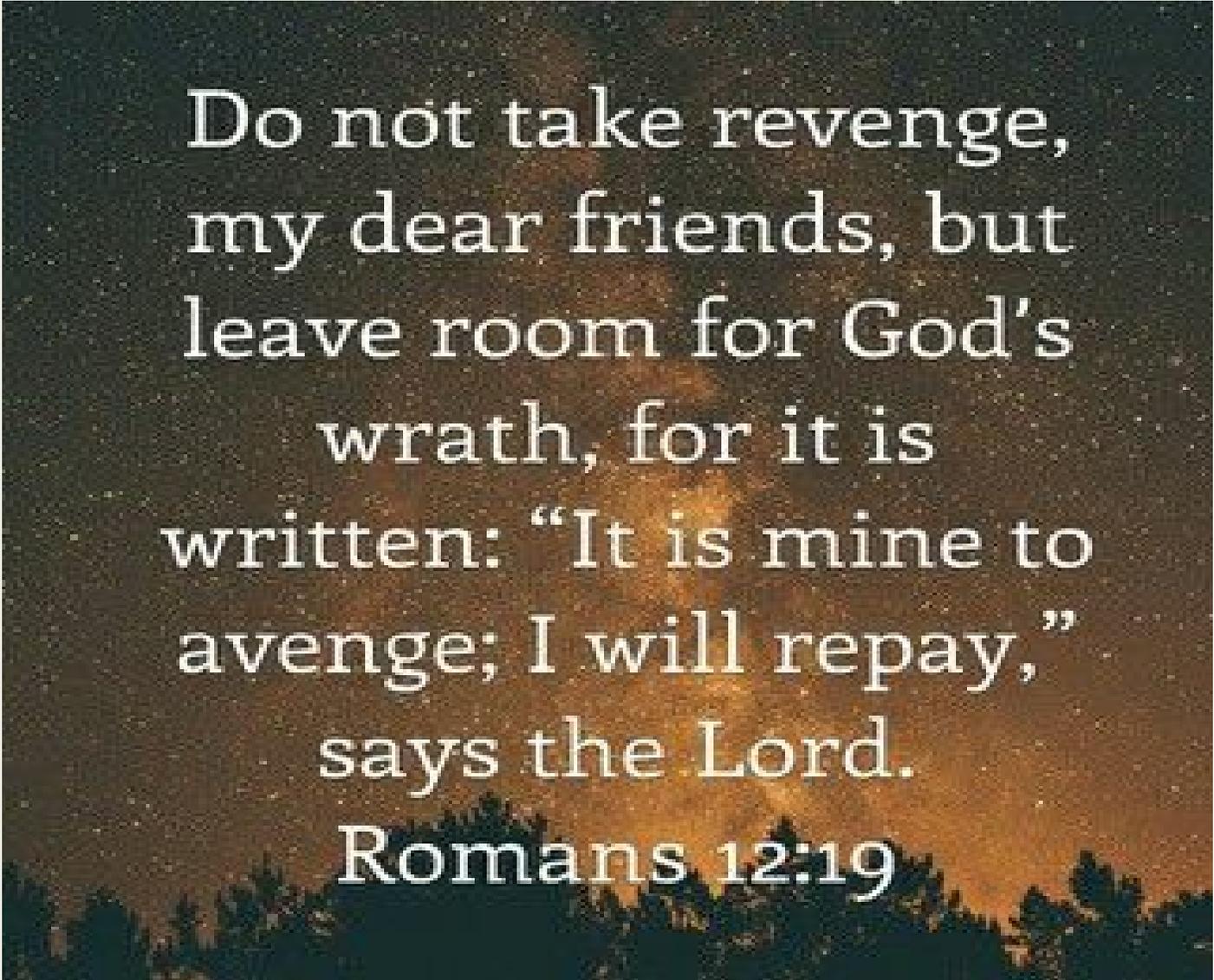


- **“And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage, and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” Eph 4:30-32**

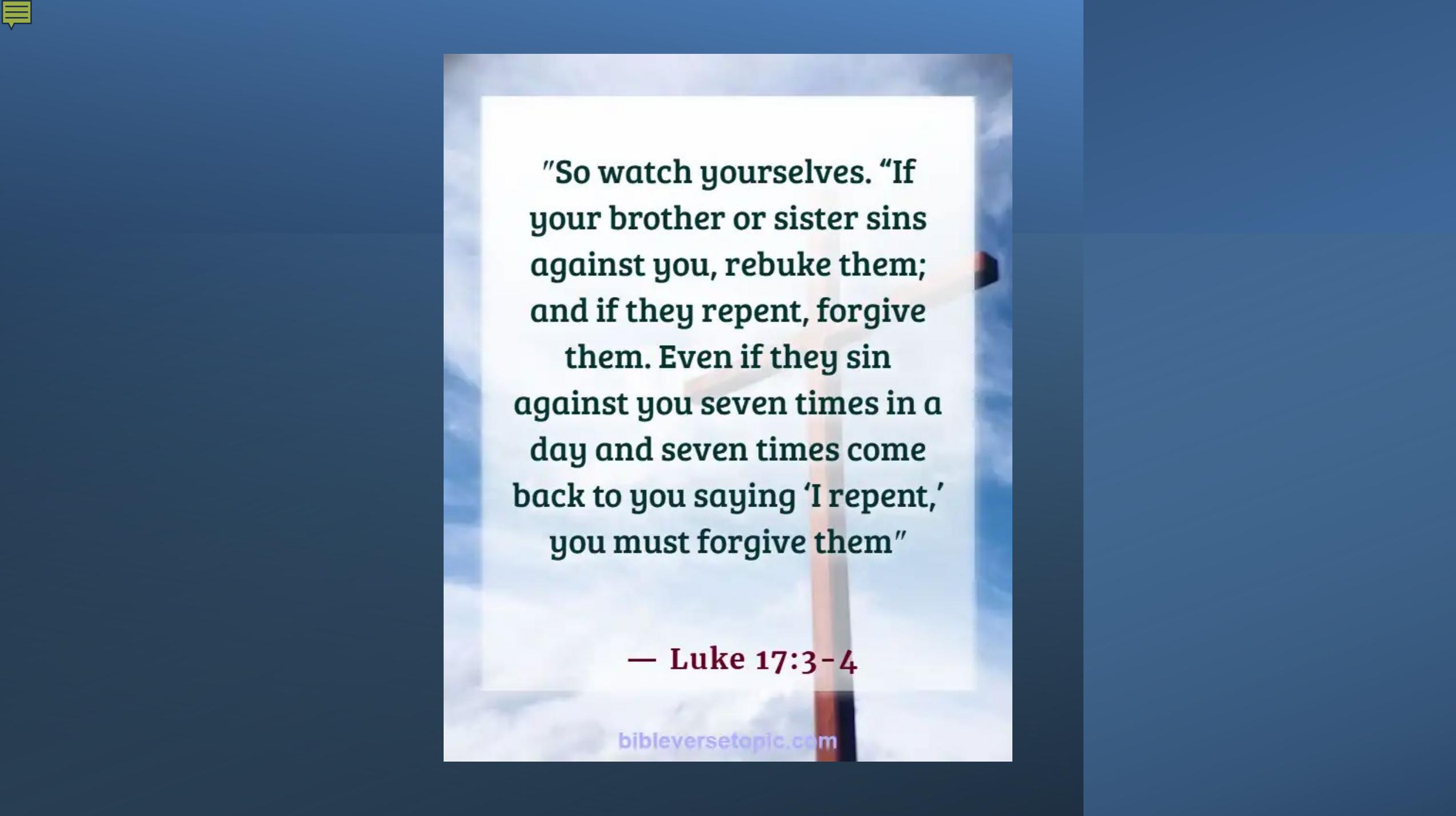


**Then came Peter to him, and
said, Lord, how oft shall my
brother sin against me, and I
forgive him? till seven times?
Jesus saith unto him, I say not
unto thee, Until seven times:
but, Until seventy times seven.**

Matthew 18:21-22



Do not take revenge,
my dear friends, but
leave room for God's
wrath, for it is
written: "It is mine to
avenge; I will repay,"
says the Lord.
Romans 12:19

A wooden cross is centered in the background, set against a bright blue sky with soft white clouds. The cross is made of two weathered wooden beams. The text is overlaid on a white rectangular area in the center of the image.

"So watch yourselves. "If your brother or sister sins against you, rebuke them; and if they repent, forgive them. Even if they sin against you seven times in a day and seven times come back to you saying 'I repent,' you must forgive them"

— Luke 17:3-4



Types of Forgiveness

Detached: No reconciliation, reduced negative feelings.

Limited: Partial restoration, reduced intensity.

Full: Complete restoration and no negative feelings.

Total: No negative feelings, even without reconciliation.

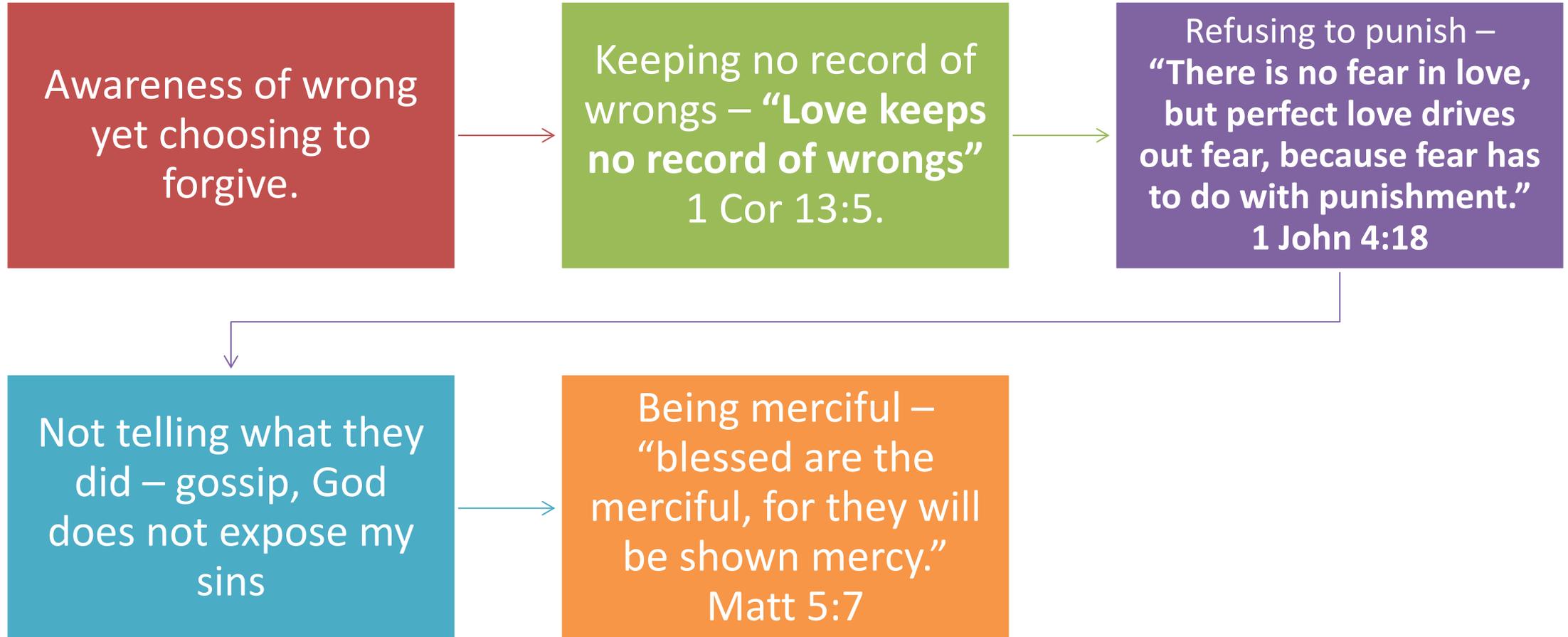
Total Forgiveness – What It Is Not

Not approval,
excusing,
justifying, or
pardoning.

Not reconciliation
or denial.

Not forgetting or
ignoring the
wrong.

Total Forgiveness – What It Is



Total Forgiveness – What It Is

Being Gracious - What you don't say, even if it is true, to save face of the guilty party

It is an inner condition that take place in the heart – “Whoever loves his brother lives in the light, and there is nothing in him to make him stumble” 1 John 2:10.

Absence of bitterness – “get rid of all bitterness” Eph 4:31

Trust fully in God - let go of false anger – “All things work together for good to them that love God, to them who are called according to His purpose.” Rom 8:28

Letting Go of Guilt – “By this we shall know that we are of the truth and reassure our heart before Him; for whenever our heart condemns us, God is greater than our heart, and He knows everything.” 1 John 3:19-20



Why We Forgive

John 3:16 – For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.

Isaiah 1:18 – "Come now, let us settle the matter," says the Lord. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool."

Romans 5:8 – "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."

Isaiah 43:25 – "I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more."

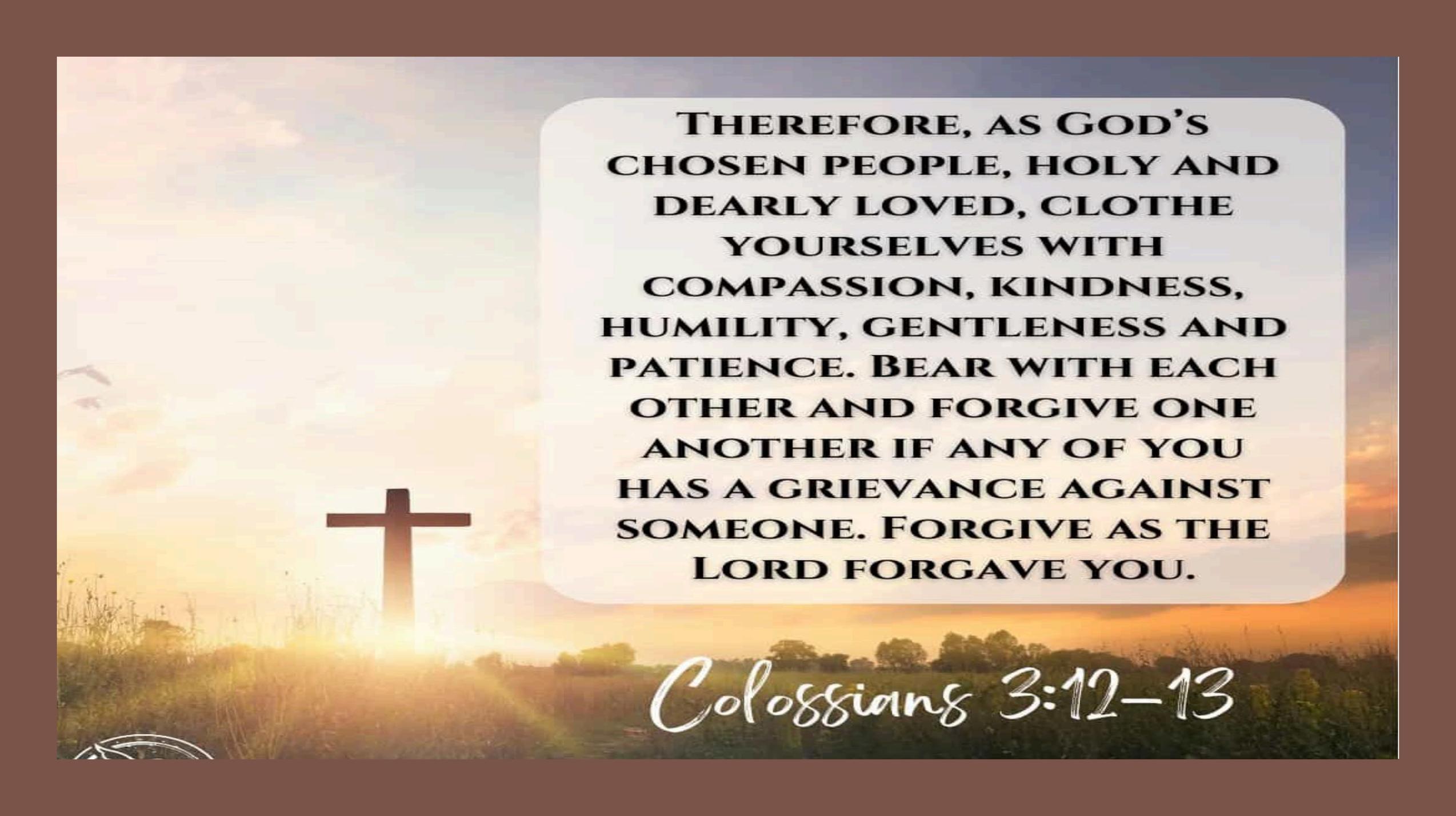
Why We Forgive

Psalm 86:5 "You, Lord, are forgiving and good, abounding in love to all who call to you." .

Psalm 103:12 "As far as the east is from the west, so far has He removed our transgressions from us."

Ephesians 1:7 "In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace."

1 John 4:19 "We love Him because He first loved us."

A landscape photograph featuring a silhouette of a cross in the foreground, set against a bright sunset or sunrise sky. The sun is low on the horizon, creating a strong glow and lens flare. The background shows rolling hills and some trees. The overall mood is peaceful and spiritual.

**THEREFORE, AS GOD'S
CHOSEN PEOPLE, HOLY AND
DEARLY LOVED, CLOTHE
YOURSELVES WITH
COMPASSION, KINDNESS,
HUMILITY, GENTLENESS AND
PATIENCE. BEAR WITH EACH
OTHER AND FORGIVE ONE
ANOTHER IF ANY OF YOU
HAS A GRIEVANCE AGAINST
SOMEONE. FORGIVE AS THE
LORD FORGAVE YOU.**

Colossians 3:12-13

The background of the image shows three people standing on a rocky mountain peak, their silhouettes dark against a bright, hazy sunset sky. The sun is low on the horizon, creating a warm, orange glow that fills the sky and the distant mountain ranges. The overall mood is peaceful and contemplative.

Be kind and compassionate
to one another, forgiving each other,
just as in Christ God forgave you.

Ephesians 4:32



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

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



The Lord even taught us to pray: “Forgive us our trespasses *as* we forgive those who trespass against us”. Are we asking Him to forgive us *because* we have forgiven those that have trespassed against us?

“For if you forgive men when they sin against you, your heavenly Father will forgive you. But if you do not forgive men their sins, your Father in heaven will not forgive your sins.” Matt 6:14-15



For by grace are ye saved through faith;
and that not of yourselves: it is the gift of God:
Not of works, lest any man should boast.

Ephesians 2:8-9



“Who can say, ‘I have kept my heart pure, I am clean and without sin’? Prov 20:9

“There is not a righteous man on earth who does what is right and never sins”. Eccl 7:20

“If we claim to be without sin, we deceive ourselves and the truth is not in us.” 1 John 1:8

—DR. D. JAMES KENNEDY, FORMERLY SENIOR MINISTER, CORAL RIDGE PRESBYTERIAN CHURCH

REVISED AND UPDATED

TOTAL

FORGIVENESS

INCLUDES NEW TESTIMONIES OF CHANGED LIVES





[Bing Videos](#)

The image shows a YouTube video player interface. At the top left, there is a circular logo with a cross and the text 'FAITH MUSIC'. To its right, the video title '35 Songs of FORGIVENESS and SECOND CHANCES' is displayed in white, followed by a green leaf icon and the text 'Worship Playlist'. In the top right corner, there is a white share icon and the word 'Share'. The main video area shows three singers performing on stage. A large red play button is centered over the video. At the bottom, there is a white progress bar with a play icon on the left, a volume icon, and the text '0:00 / 1:58:12'. To the right of the progress bar are icons for closed captions, settings, the YouTube logo, a mobile device icon, and a full-screen icon. The text 'WORSHIP PLAYLIST' is written in large yellow letters across the middle of the video, and 'GOD OF SECOND CHANCES' is written in large white letters at the bottom.



If you, Lord,
kept a record of sins,
Lord, who could stand?
But with you there is
forgiveness, so that we
can, with reverence,
serve you.

Psalms 130:3-4

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." - 1 John 1:9

"As far as the east is from the west, so far has he removed our transgressions from us." - Psalms 103:12

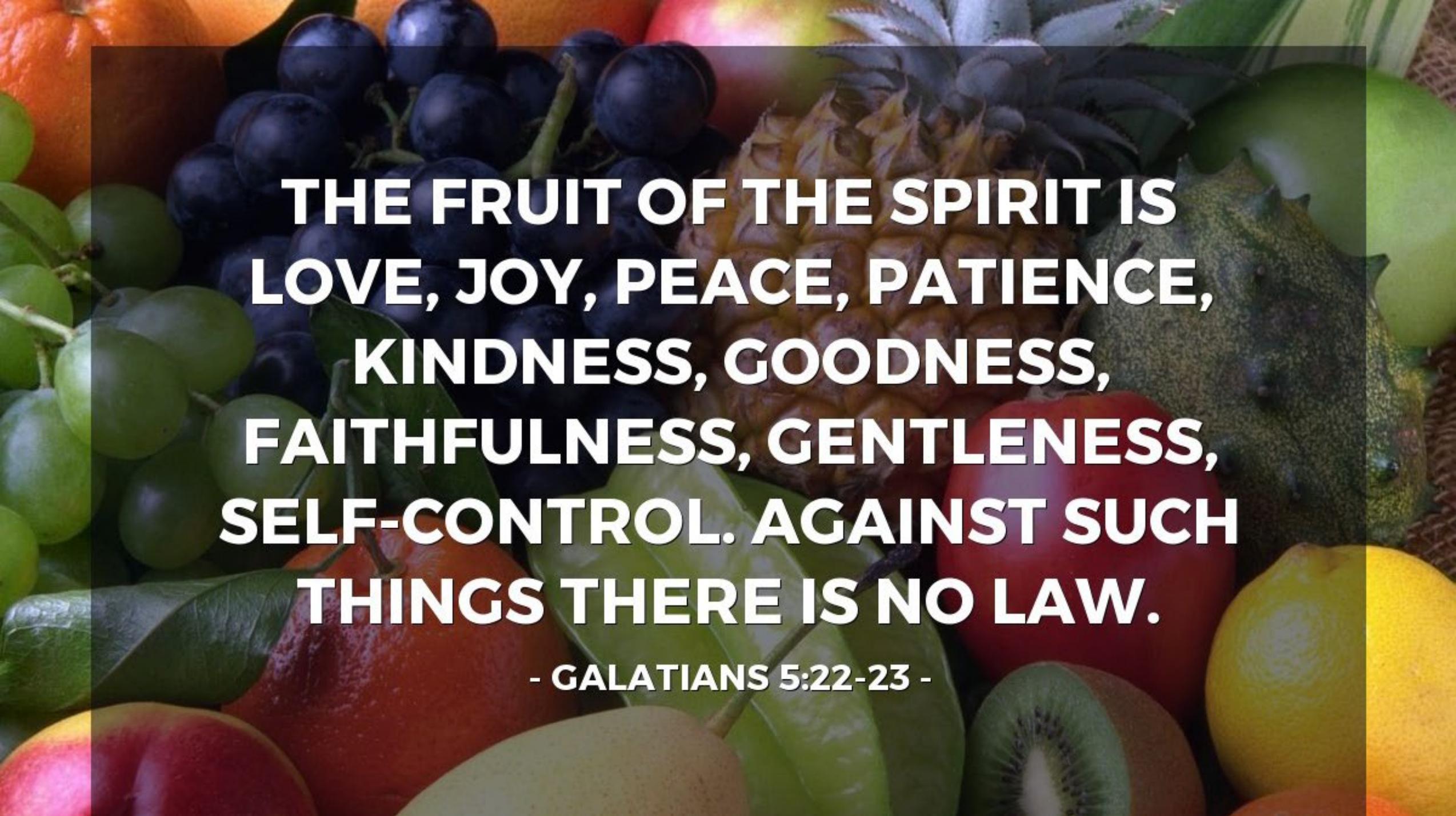
"Therefore, there is now no condemnation for those who are in Christ Jesus." -Romans 8:1

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" - 2 Corinthians 5:17

"Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." - Philippians 3:13-14

- "So when the devil throws your sins in your face and declares that you deserve death and hell, tell him this: "I admit that I deserve death and hell, what of it? For I know One who suffered and made satisfaction on my behalf. His name is Jesus Christ, Son of God, and where He is there I shall be also!"



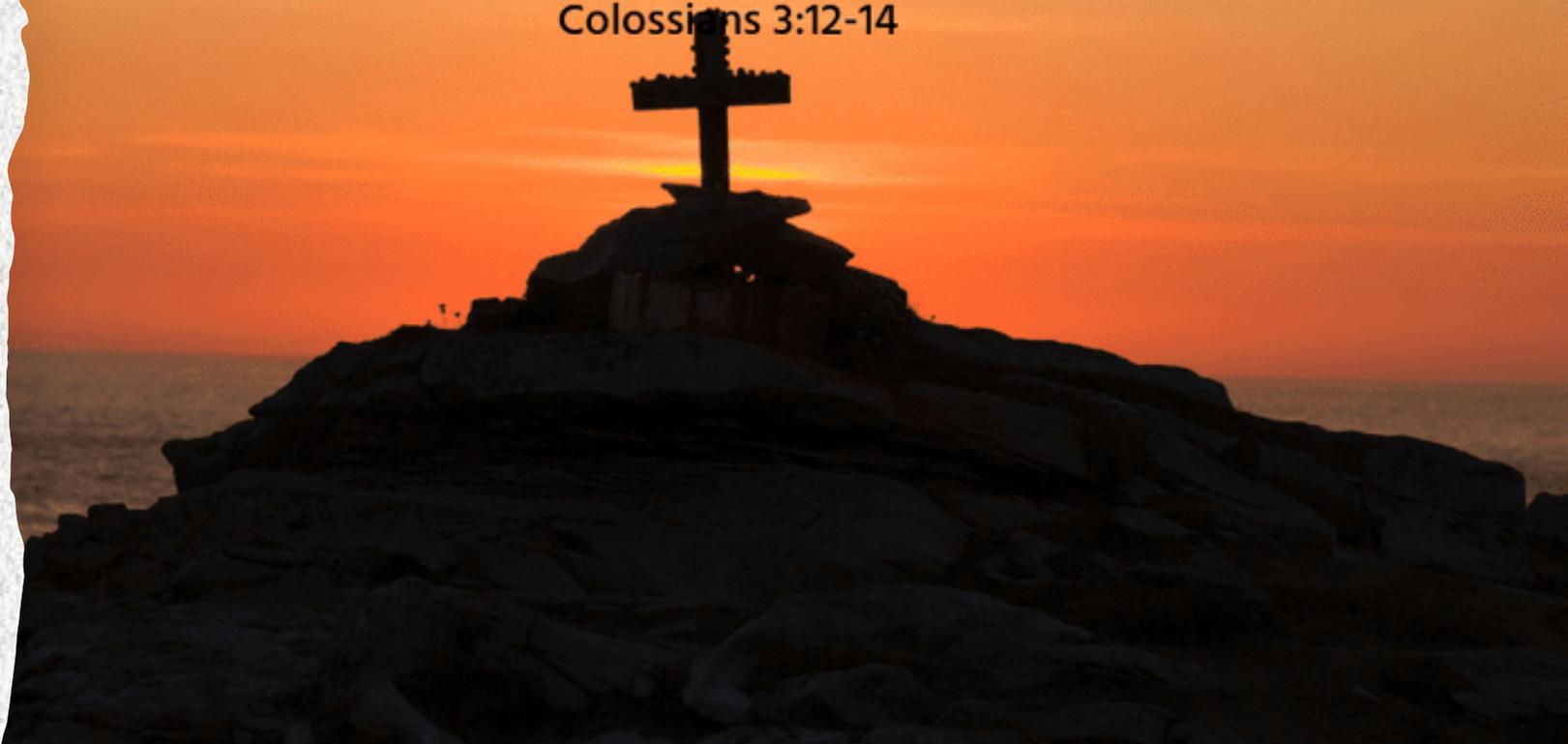


**THE FRUIT OF THE SPIRIT IS
LOVE, JOY, PEACE, PATIENCE,
KINDNESS, GOODNESS,
FAITHFULNESS, GENTLENESS,
SELF-CONTROL. AGAINST SUCH
THINGS THERE IS NO LAW.**

- GALATIANS 5:22-23 -

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.

Colossians 3:12-14



And all things are of God, who hath reconciled us to himself by Jesus Christ, and hath given to us the ministry of reconciliation.

2 Corinthians 5:18



A misty forest at night with glowing lights behind trees. The scene is dimly lit with a warm, yellowish glow emanating from several points behind the dark tree trunks. The ground is covered in fallen leaves, and the overall atmosphere is ethereal and somewhat mysterious.

Do not repay evil with evil or insult with insult.
On the contrary, repay evil with blessing, because to
this you were called so that you may inherit a blessing.

1 Peter 3:9

DailyVerses.n



*THE ROLE OF FORGIVENESS
IN MENTAL HEALTH*

- Forgiveness is the conscious decision to release feelings of resentment or vengeance toward a person or situation that has caused harm. It doesn't mean forgetting or excusing the offense.
- It's important to understand that forgiveness is about personal freedom — it's for your own well-being, not necessarily for reconciliation.
- Forgiving someone doesn't require that you condone the actions, but it allows you to move forward with less emotional weight.

Holding onto grudges or anger can create emotional and mental strain. Over time, this can lead to:

- Increased stress levels: Chronic stress has detrimental effects on mental health.
- Higher anxiety and depression: Resentment can fuel negative thoughts and emotions, worsening mental health conditions.
- Difficulty regulating emotions: Holding onto anger can lead to emotional instability, making it harder to cope with day-to-day challenges.

On the other hand, forgiveness offers a chance to heal, by letting go of past hurts and reducing emotional tension.

PSYCHOLOGICAL BENEFITS OF FORGIVENESS

- **Reduced Anger and Stress:** Forgiving helps diminish anger and the physiological stress that comes with it, promoting calm and relaxation.
- **Improved Relationships:** When you let go of resentment, you can better empathize with others, leading to stronger, more meaningful connections.
- **Enhanced Emotional Resilience:** Forgiveness promotes mental flexibility, helping you move forward without being stuck in negative emotions.
- **Boosted Happiness and Inner Peace:** Letting go of past grievances allows for greater joy and contentment in the present.

Research has shown that those who practice forgiveness experience lower rates of depression and anxiety.

FORGIVENESS AND PHYSICAL HEALTH

#WDFCS
MINDFUL
MOND.

Forgiveness doesn't just improve mental health — it also benefits your physical well-being:

- **Lower Blood Pressure:** Letting go of anger can reduce tension in the body, leading to improved cardiovascular health.
- **Stronger Immune System:** Chronic stress from unresolved anger weakens the immune system. By forgiving, you boost your body's defenses.
- **Better Sleep Quality:** Carrying grudges or unresolved anger can interfere with restful sleep. People who forgive often experience more restful sleep and less insomnia.
- **Reduced Risk of Heart Disease:** Holding onto resentment can increase your risk of heart-related issues. Releasing that negativity improves overall heart health.

The mind and body are deeply connected — the act of forgiveness helps restore balance to both.

BARRIERS TO FORGIVENESS

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MONDAY

While forgiveness can promote healing, many people struggle with it due to emotional and psychological obstacles:

- **Fear of Repeating Hurt:** Many resist forgiving because they fear it will allow the offender to hurt them again. This can create emotional barriers.
- **Perception of Weakness:** Forgiveness is often wrongly associated with being weak or passive. People may hold onto grudges to feel a sense of control or strength.
- **Unresolved Trauma:** Past traumas may make it extremely difficult to forgive. People may feel that forgiving minimizes their pain or the severity of the wrongdoing.
- **Desire for Justice or Revenge:** People sometimes hold onto anger as a way to demand justice or seek revenge. This is especially true if they feel the offender hasn't faced consequences.

Recognizing these barriers is the first step toward breaking them down. Forgiveness is not about excusing the behavior but about reclaiming your peace.

HOW TO PRACTICE FORGIVENESS

#WDFCS8
MINDFUL
MONDAY

Practicing forgiveness is a process, often requiring time, reflection, and emotional effort. Here's a guide to help you move toward forgiveness:

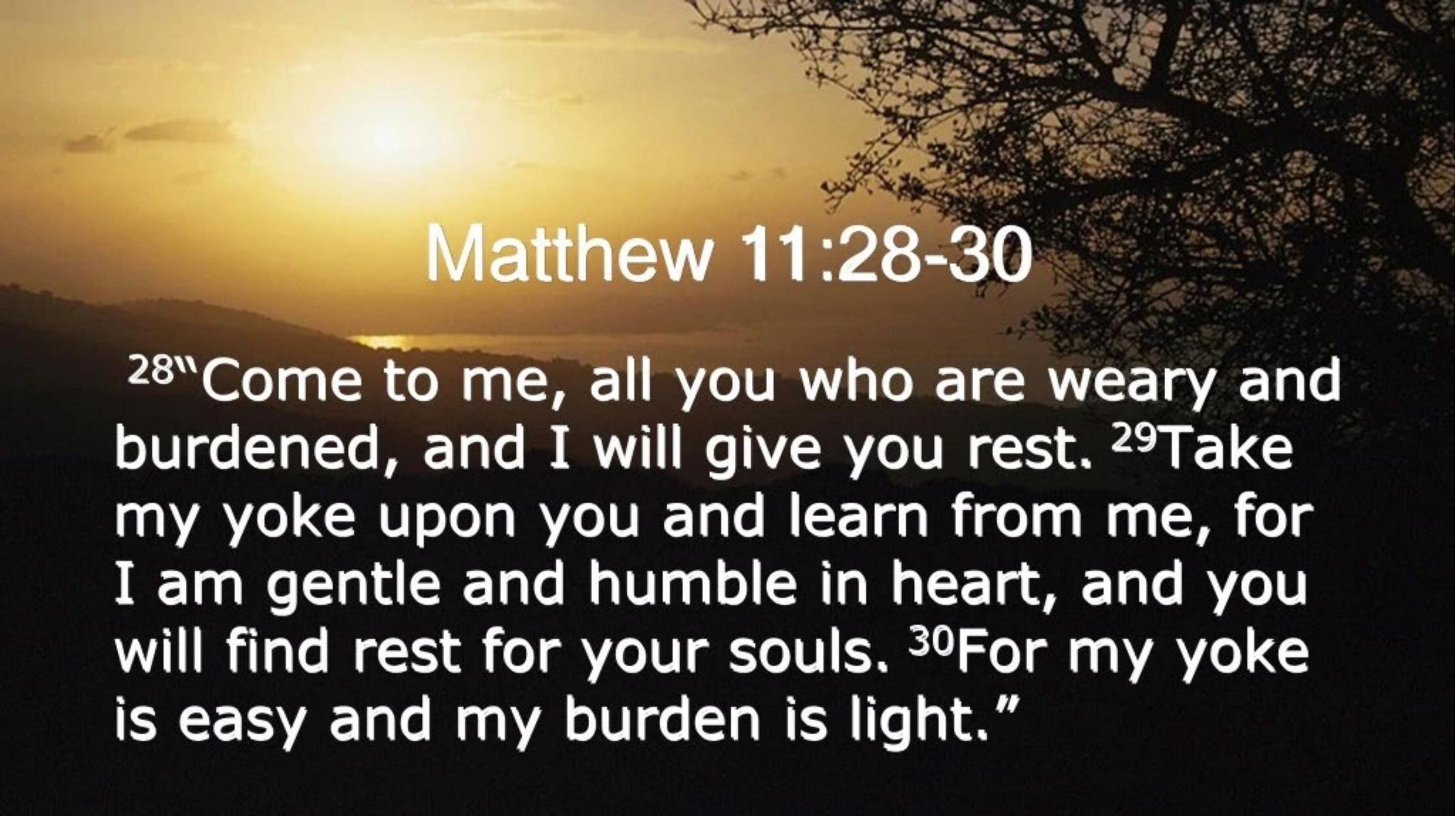
1. **Acknowledge the Hurt:** Recognize the pain and how it has affected you. This step involves honestly confronting the emotions tied to the event.
2. **Empathize with the Offender:** Try to see the situation from the offender's perspective. This doesn't mean you excuse their actions, but it helps to reduce the intensity of negative emotions.
3. **Make the Choice to Forgive:** Understand that forgiveness is a personal decision. By choosing to forgive, you are giving yourself permission to heal.
4. **Release Resentment:** Let go of the anger, bitterness, or desire for revenge. Focus on the benefits forgiveness will bring to your mental and emotional well-being.
5. **Focus on Growth:** Use the experience as an opportunity to grow emotionally. Forgiveness allows you to reclaim your personal power and find peace.

Forgiveness is not a one-time action; it's a journey that may require revisiting these steps multiple times.

Therefore confess your sins to each other
and pray for each other so that you may be healed.
The prayer of a righteous person
is powerful and effective.

James 5:16



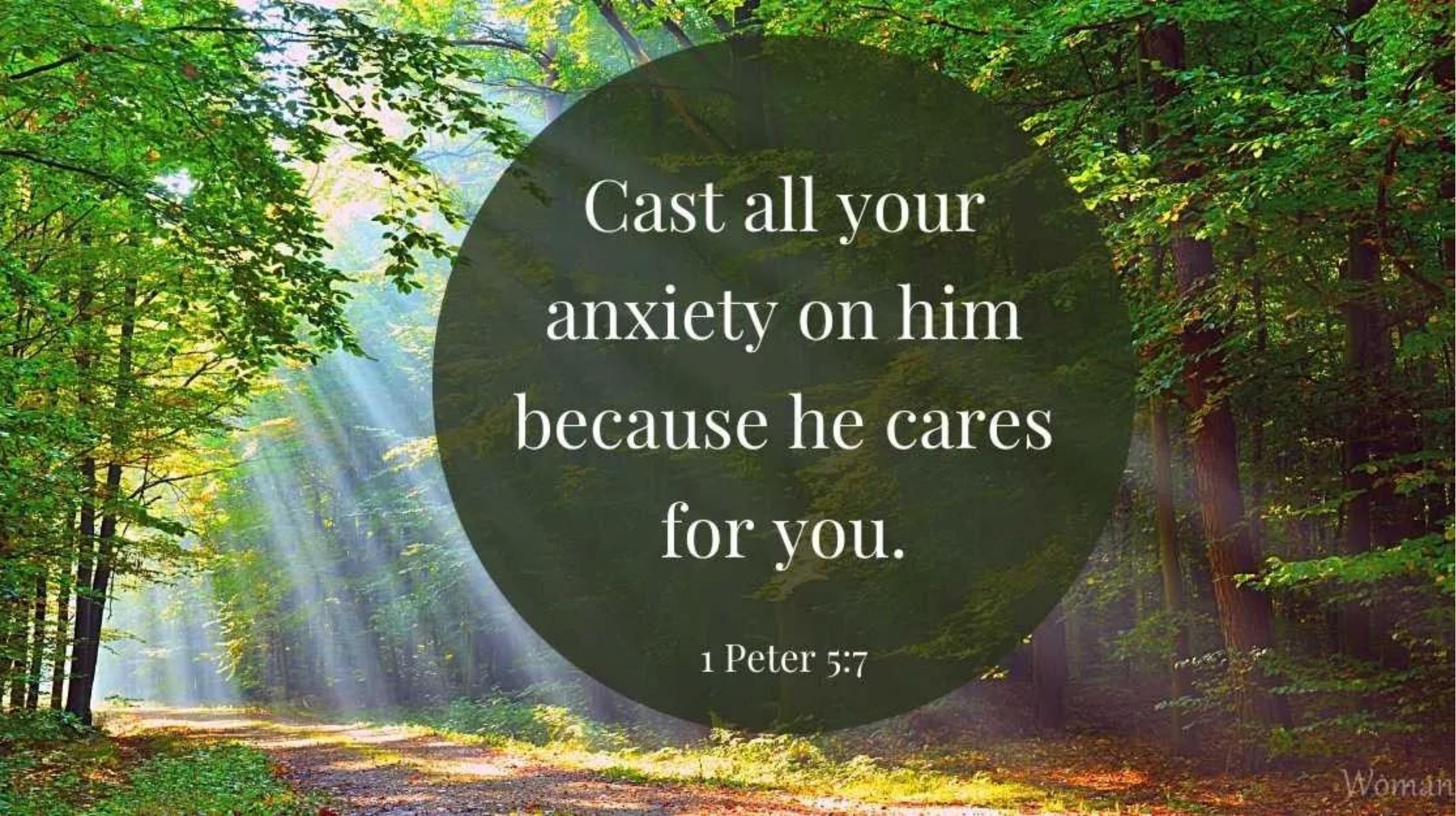
A sunset scene with a bright sun low on the horizon, casting a golden glow over a landscape. In the foreground, the dark silhouette of a tree with sparse leaves is visible on the right side. The sky is a mix of orange, yellow, and dark blue.

Matthew 11:28-30

²⁸“Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy and my burden is light.”

HE HEALS THE
BROKENHEARTED
AND BINDS UP THEIR
WOUNDS.

PSALM 147:3



Cast all your
anxiety on him
because he cares
for you.

1 Peter 5:7



***Above all else,
guard your heart,
for everything you do
flows from it.***

Proverbs 4:23 NIV
WisdomAndInstruction.org

**BEAR ONE
ANOTHER'S
BURDENS,
AND SO FULFILL
THE LAW OF CHRIST.**

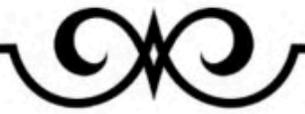


GALATIANS 6:2



AND AS THEY WERE
STONING STEPHEN, HE
PRAYED, "LORD JESUS,
RECEIVE MY SPIRIT."
AND HE KNELT DOWN AND
CRIED WITH A LOUD
VOICE, "LORD, DO NOT
HOLD THIS SIN AGAINST
THEM." AND WHEN HE HAD
SAID THIS, HE FELL ASLEEP.

Acts 7:59-60



If therefore you are offering
your gift at the altar, and there
remember that your brother
has anything against you, leave
your gift there before the altar,
and go your way. First be
reconciled to your brother, and
then come and offer your gift.

Matthew 5:23-24



**"Then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind."
Philippians 2:2**

"Make sure that nobody pays back wrong for wrong, but always strive to do what is good for each other and for everyone else."

1 Thessalonians 5:15

Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins.”

Mark 11:24-25 NIV



Dear friends, if our hearts
do not condemn us, we
have confidence before
God and receive from him
anything we ask, because
we keep his commands
and do what pleases him.

1 John 3:21-22



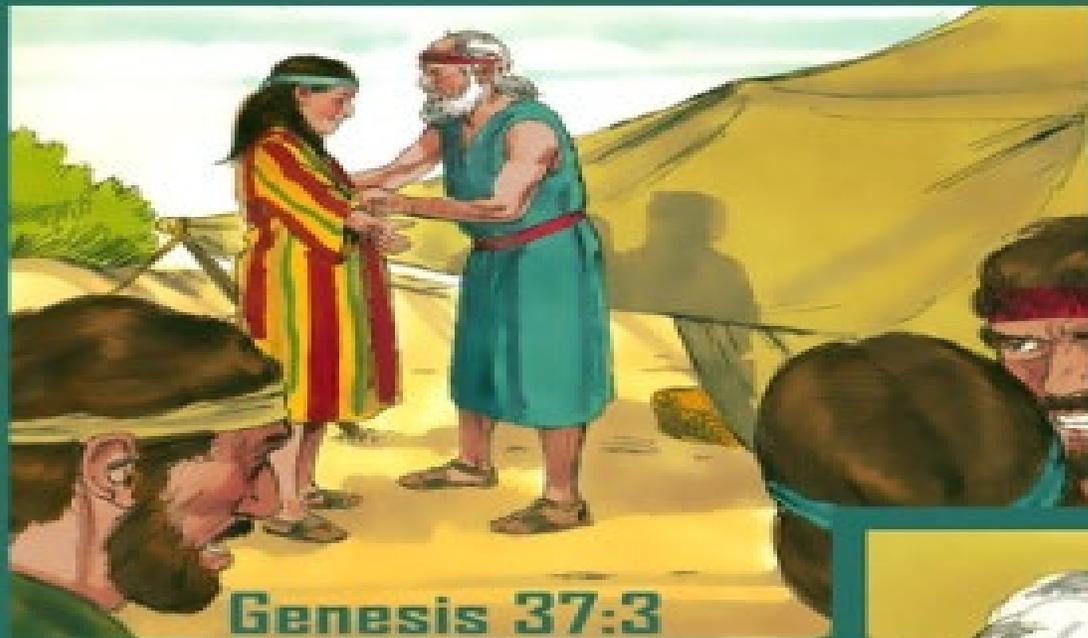
You ask and do not
receive, because you
ask amiss, that you may
spend it on your pleasures.
James 4:3

KenTurnerMinistries.org



**“Again, truly I tell you
if two of you on earth agree
about anything they ask for,
it will be done for them
by my Father in heaven.
For where two or three gather
in my name, there am I with them.”**

Matthew 18:19-20

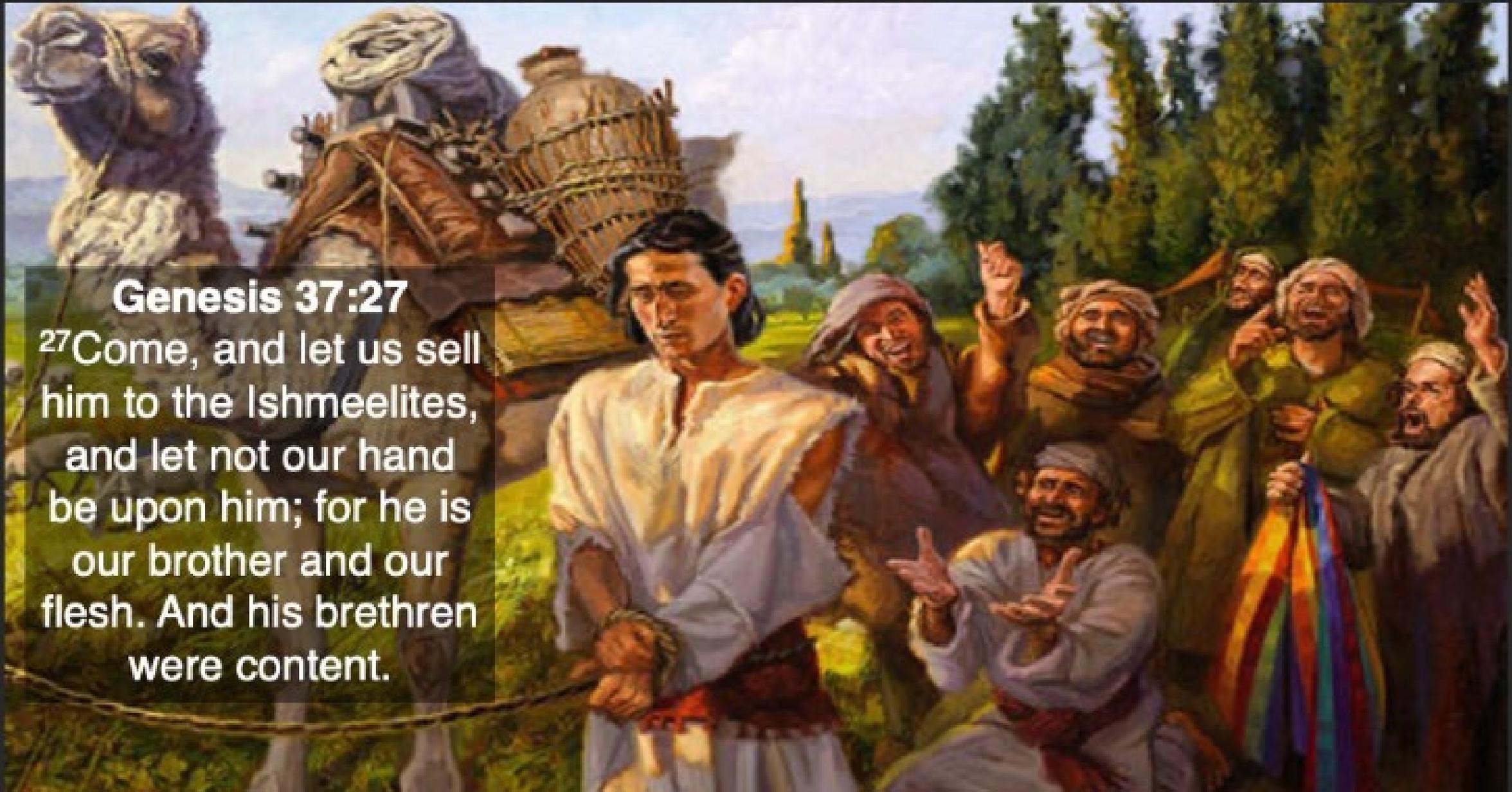


Genesis 37:3

Israel loved Joseph more than all his sons, for he was the son of his old age;

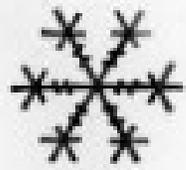
and he made him a coat of many colours.





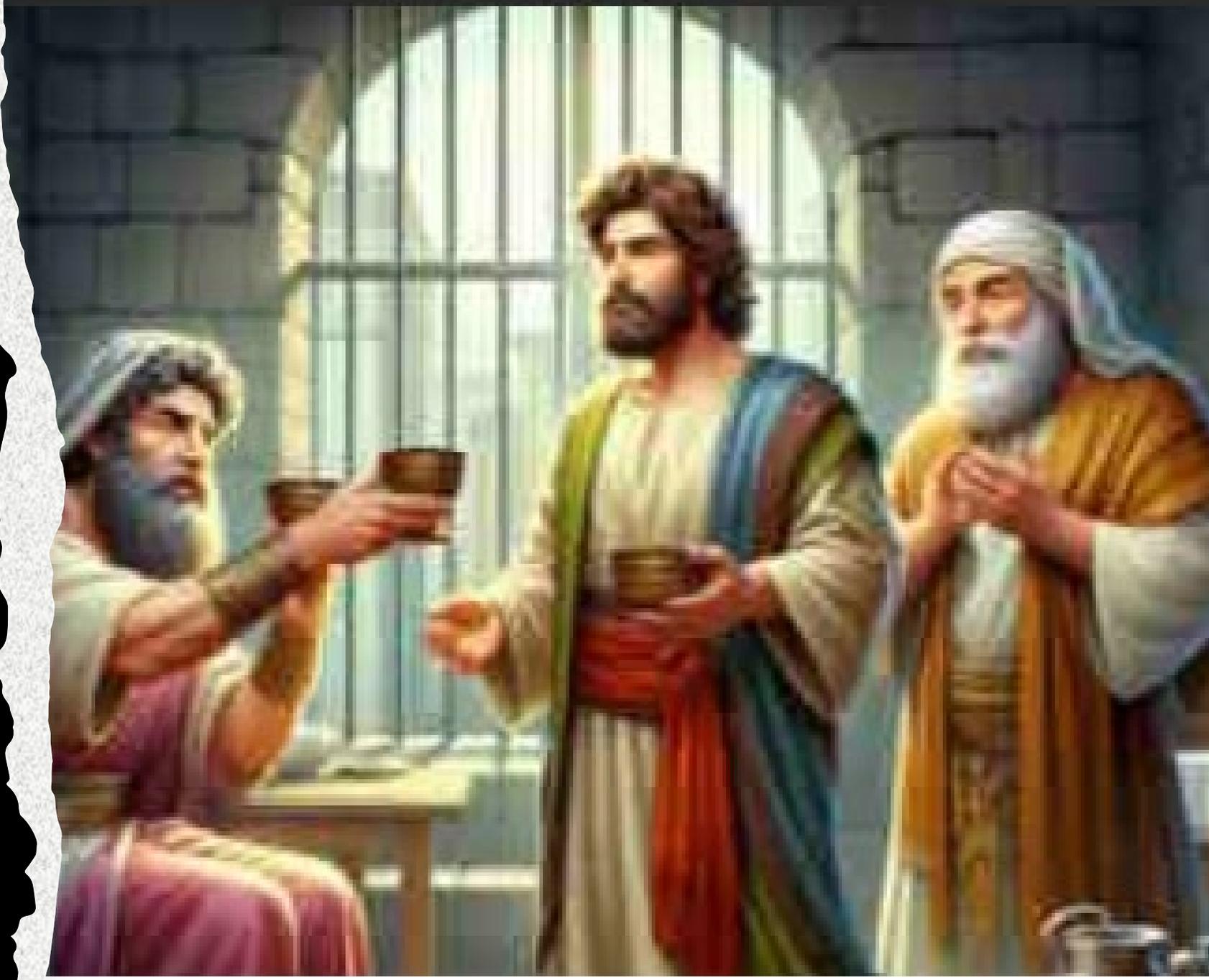
Genesis 37:27

27 Come, and let us sell him to the Ishmeelites, and let not our hand be upon him; for he is our brother and our flesh. And his brethren were content.



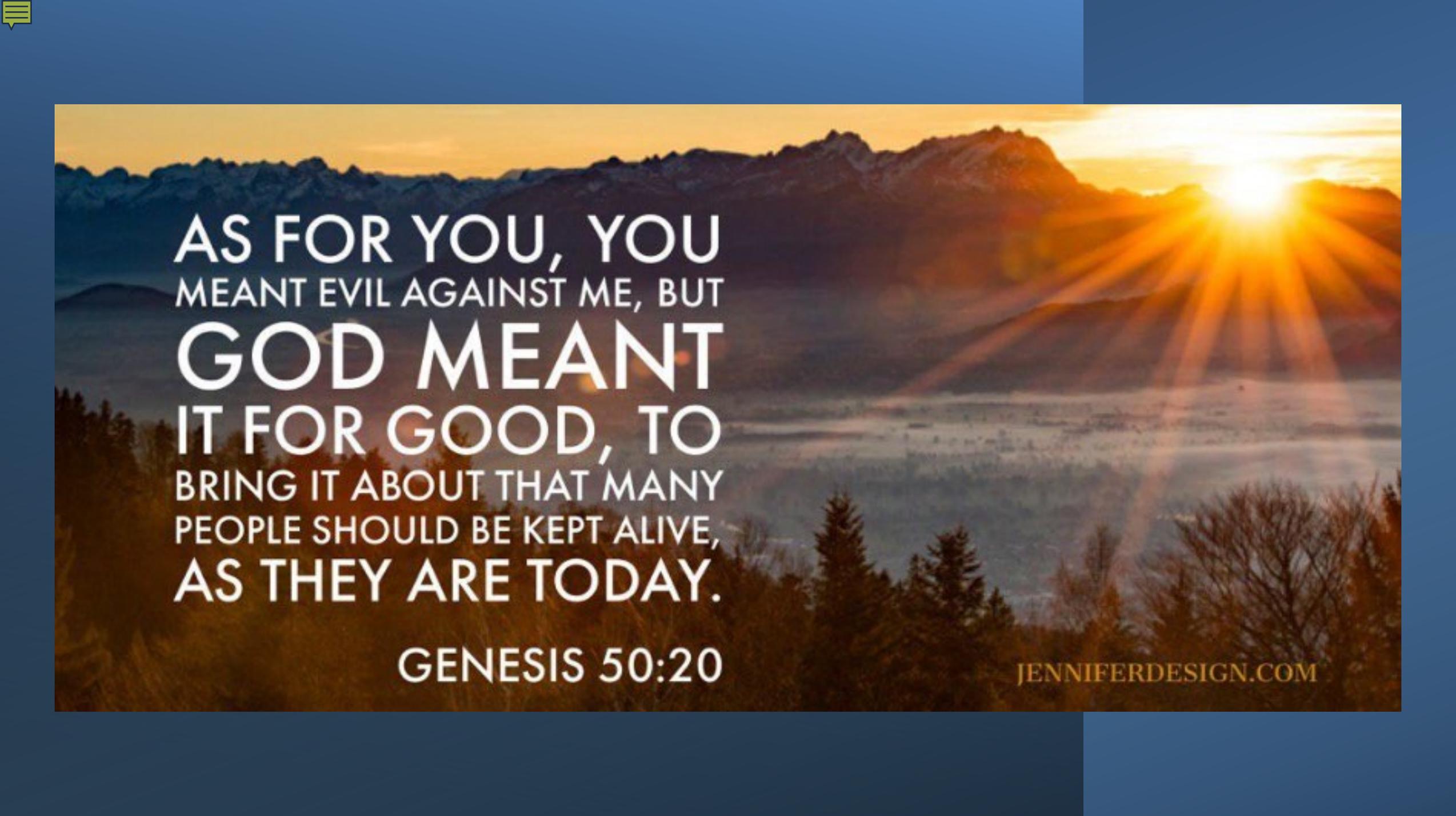
JOSEPH
ACCUSED
FALSELY,
AND SENT
TO PRISON.







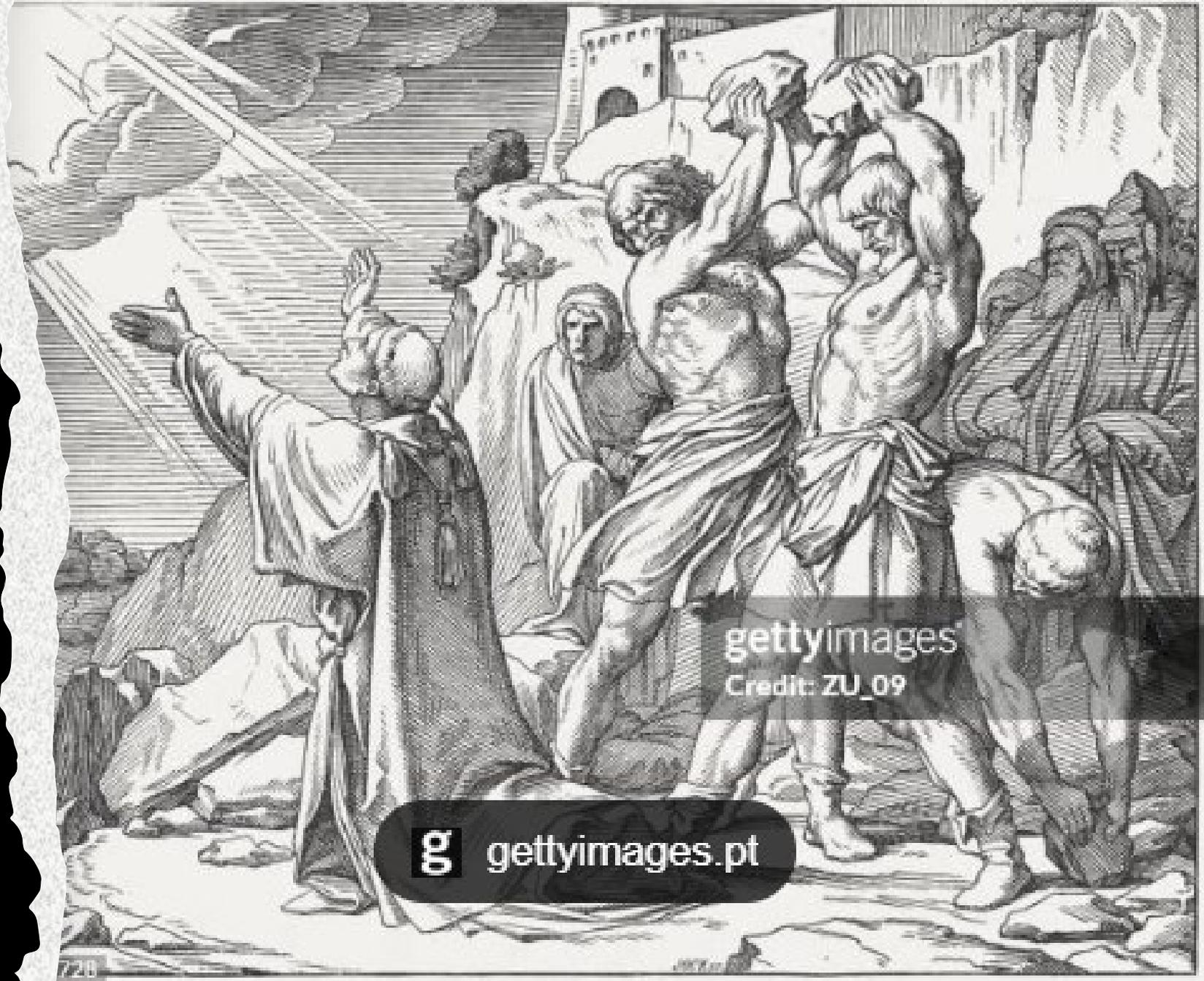


A scenic landscape at sunrise or sunset. The sun is low on the horizon, casting long, golden rays across a valley. In the background, there are snow-capped mountains. The foreground shows some trees and a misty or hazy valley floor. The overall color palette is warm, dominated by oranges, yellows, and soft blues.

AS FOR YOU, YOU
MEANT EVIL AGAINST ME, BUT
GOD MEANT
IT FOR GOOD, TO
BRING IT ABOUT THAT MANY
PEOPLE SHOULD BE KEPT ALIVE,
AS THEY ARE TODAY.

GENESIS 50:20

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• *David Forgiving Saul*
Sam 24

1

• *The Prodigal Son*
Luke 15:11-32m 24

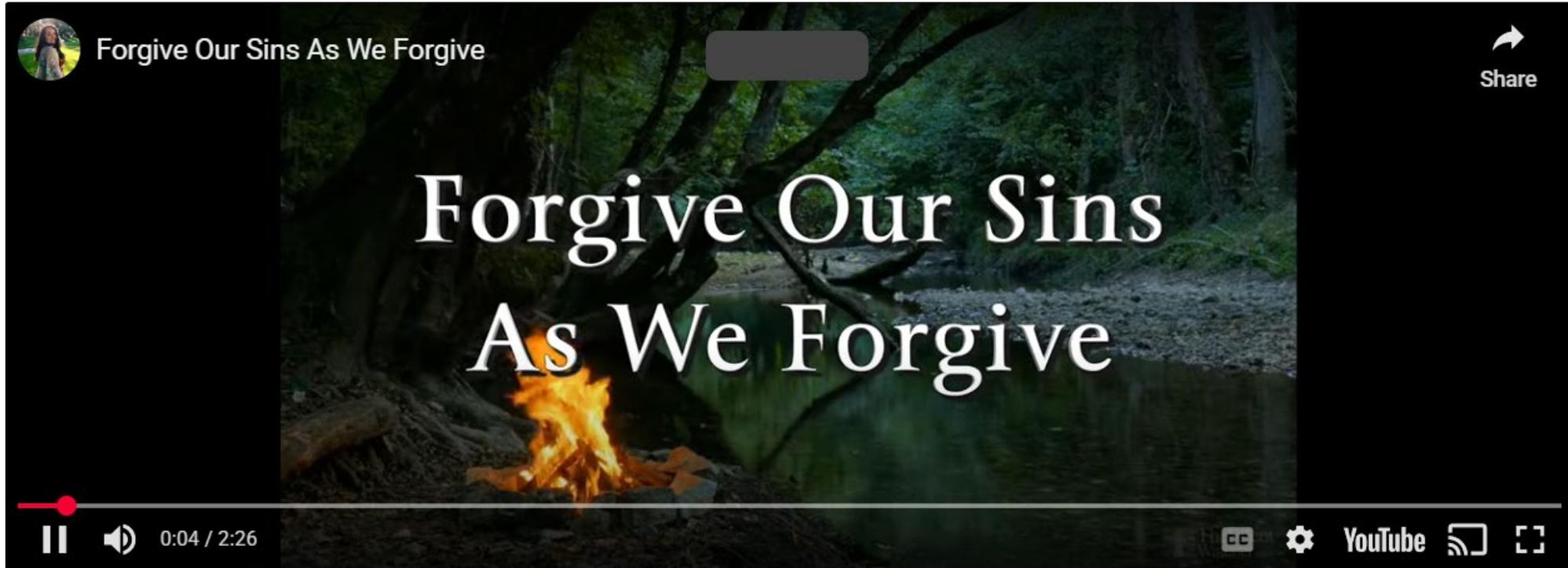
• *Paul's Forgiveness Toward Mark*
Acts 15:36-41, Col 4:10

• *Philemon Forgiving Onesimus*
Paul's Plea to Philemon

• *Unforgiving Servant*
Matthew 18:21-35



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Hymn: Forgive our sins as We Forgive, LSB 843

<https://youtu.be/qCoVB3BCaI4>



 **FORGIVE OUR SINS, AS WE FORGIVE** - Rosamond Herklots (1969) Hymn Lyrics With P
Gospel Hymns Unlimited

*Forgive Our Sins
As We Forgive*

1

"Forgive Our Sins As We Forgive,"
You Taught Us, Lord, To Pray;
But You Alone Can Grant Us Grace
To Live The Words We Say.

0:10 / 1:45

[Bing Videos](#)

Sources

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- Psychology Today; [The Mental Health Benefits of Forgiveness | Psychology Today](#)
- Wainwright Children and Family Services, [The Role of Forgiveness in Mental Health](#)
- [30 Powerful bible verses about forgiveness niv \(Full Commentary\) - Bible Study For You](#), Pastor David, March 29, 2025
- Good Reads, [Quote by Martin Luther: "So when the devil throws your sins in your face..."](#)
- [Bing Videos](#): Forgiveness is my Song, Lord, Help Me Forgive
- Pastor David Ude, Jesus' Forgiveness Slays the Vengeance, Nov 16, 2025
- Bing Images