

**Notes from *The Lent Experience Journal*
(Challenge #5: Forgiveness)**

Forgiveness is a core issue in the life of every believer.
Think of forgiveness as the key that unlocks the door to freedom

I've learned over the years to forgive immediately.
Keeping short accounts is a much better way to live.

I NEED FORGIVENESS

- Each one of us has an internal "sin" problem. The world is messed up because we are messed up. Want to change the world? Start with you.
- Read Matthew 6:12 and 1 John 1:8-10.

I NEED TO FORGIVE THOSE WHO HAVE SINNED AGAINST ME

- Once we recognize God to be forgiving, patient, and gracious it requires something of us. We are supposed to extend that same grace to others.
- Read Matthew 6:12-15, Luke 6:27-36 and Matthew 18:21-35.
- Forgiveness is a choice, not a feeling. Your feelings are real, but if you wait to forgive until you "feel like it" it may never happen. You can choose to obey God and forgive today. Some day your feelings might catch up with your choice.

Resource: *The Steps to Freedom in Christ* by Neil Anderson

Free download: *Forgiving Others* – www.ficm.org

This week's challenge:

Take some time in your journal to make a list of the people you need to forgive.
Each instance might be a small thing or a big thing.
For each instance write: What happened? How did it make you feel?
Then talk with God about your choice to forgive.

I NEED TO RECONCILE WITH THOSE I HAVE SINNED AGAINST

- Read Matthew 5:23-26.
- If you've wronged someone and have never apologized and attempted to restore the relationship, then this week is your week! The longer you wait, the less likely you are to do it!