

## “Breaking Through – Unforgiveness”

Series: Breaking Through  
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### 1 Corinthians 13:5b (CEV)

“Love doesn’t keep a record of wrongs that others do.”

### UN-FORGIVENESS QUIZ

A person should not be forgiven until he asks for it. T F

Forgiving includes minimizing the offense & the pain caused. T F

Forgiveness includes restoring trust and reuniting a relationship. T F

You haven’t really forgiven until you’ve forgotten the offense. T F

When I see someone hurt, it is my duty to forgive the offender. T F

### What Forgiveness Is Not:

1. Forgiveness isn’t: \_\_\_\_\_.

2. Forgiveness isn’t: \_\_\_\_\_ the  
seriousness of the offense.

3. Forgiveness isn’t: \_\_\_\_\_ a  
relationship without changes.

4. Forgiveness isn’t: \_\_\_\_\_ what  
happened.

5. Forgiveness isn’t: \_\_\_\_\_ when I  
wasn’t the one who was hurt.

### How Do I Break Through Unforgiveness?

1. To Break Through Unforgiveness I Must: Relinquish

\_\_\_\_\_!

#### Romans 12:19 (LB)

“...Never avenge yourselves. Leave that to God, for He has said that He will repay those who deserve it.”

#### Hebrews 12:15 (Ph)

“Be careful that none of you fails to respond to the grace which God gives, for if he does there can very easily spring up in him a bitter spirit which is not only bad in itself but can also poison the lives of many others.”

2. To Break Through Unforgiveness I Must: Respond

\_\_\_\_\_!

#### Luke 6:27-28 (NIV)

“...do good to those who hate you, bless those who curse you, and pray for those who mistreat you.”

3. To Break Through Unforgiveness I Must: Repeat the

Process \_\_\_\_\_!

#### Matthew 18:21-22 (NLT)

“Peter asked, “Lord, how often should I forgive someone who sins against me? Seven times?’ ‘No.’ Jesus replied, ‘seventy times seven!’”

### 3 Ways To Break Through Unforgiveness:

1. The Bible Says To Remember: \_\_\_\_\_

\_\_\_\_\_.

#### Colossians 3:13 (NLT)

“Remember, the Lord forgave you, so you must forgive others.”

#### Ephesians 4:32 (NIV)

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

2. The Bible Says To Remember: \_\_\_\_\_

\_\_\_\_\_.

#### Proverbs 14:10a (TEV)

“Your joy is your own; your bitterness is your own.”

3. The Bible Says To Remember: \_\_\_\_\_

\_\_\_\_\_.

#### Luke 6:37b (NIV)

“Forgive, and you will be forgiven.”

### Answer Key

Conditional, Minimizing, Resuming, Forgetting, My right, My right to get even, To  
makes you miserable, Forgiveness is a two-way street  
evil with good, As long as necessary, How much I have been forgiven, Bitterness