



**Forgiving
from the
heart
(of God)**

35 "My heavenly Father will also do the same to you, if each of you does not ***forgive his brother from your heart.***"

Matthew 18:35

Forgiving from the heart,
like everything else in
Christ, does not come
about by striving.

The deeper we live from
the heart of God —
abiding in His love and
grace — the more we
will bear the fruit of the
Spirit.

Fruit is the natural
byproduct of everything
that is alive.

9 The Lord is not slow about His promise, as some count slowness, but is patient toward you, *not wishing for any to perish but for all to come to repentance.*

2 Peter 3:9

The danger of Holding on
to unforgiveness is that we
will find ourselves Hoping
in our Heart for justice
when God is scheming a
way to show mercy.

Don't be a Jonah

1 But it greatly displeased Jonah and he became angry.

Jonah 4:1–3

2 He prayed to the LORD and said, "Please LORD, was not this what I said while I was still in my *own* country? Therefore in order to forestall this I fled to Tarshish, for I knew that You are a gracious and compassionate God, slow to anger and abundant in lovingkindness, and one who relents concerning calamity.

Jonah 4:1–3

3 “Therefore now, O LORD, please take my life from me, for death is better to me than life.”

Jonah 4:1–3

When we use the word
justice, we usually mean
vengeance.

God is just, and no one escapes His judgment. But through Christ mercy triumphs over judgment, and anyone can be justified through Christ.

To release someone who
has done us harm from
our God-like desire for
justice requires faith like a
mustard seed.

3 “Be on your guard! If your brother sins, rebuke him; and if he repents, forgive him.

Luke 17:3–6

4 "And if he sins against you seven times a day, and *returns to you* seven times, *saying, 'I repent, forgive him.'*"

Luke 17:3–6

5 The apostles said to the Lord,
"Increase our faith!"

Luke 17:3–6

6 And the Lord said, "*If you had faith like a mustard seed*, you would say to this mulberry tree, 'Be uprooted and be planted in the sea'; and *it would obey you*."

Luke 17:3–6

Forgiveness begins with
an act of the will —
a choice to forgive,

but also a choice to
engage our faith, which
opens us to receive
grace to forgive from
the heart.

The fruit of forgiving
from the heart is

compassion for the
one who wronged us.



COMMUNION

Sink deeply into the Heart
of Christ on the cross.

Look at the one who
wronged you

What do you see?