

HOW TO LIVE THROUGH A BAD DAY

THE FIRST STEP

Luke 23:33-34

Keep your eyes on *Jesus*, who both began and finished this race we're in. *Study how he did it*. Because he never lost sight of where he was headed—that exhilarating finish in and with God—he *could put up with anything* along the way: Cross, shame, whatever. And now he's there, in the place of honor, right alongside God. (Hebrews 12:2, The Message)

Jesus put up with...

Betrayal
False Accusation
Rejection
Abuse
Humiliation

When they came to the place called the Skull, they *crucified* him there, along with the criminals—one on his right, the other on his left. Jesus said, “Father, *forgive them*, for they do not know what they are doing.” (Luke 23:33-34, NIV)

The First Step: ***Forgive everyone*** who is trying to ruin your life!

Offense is **inevitable** but it doesn't have to be **insurmountable**.

He said to the disciples, “*It is impossible* that no offenses should come...” Luke 17:1, NKJV)

An offended brother is more **unyielding** than a fortified city,
and disputes are like the **barred gates** of a citadel. (Proverbs 18:19, NIV)

What?

Jesus said, “Father, *forgive them...*” (Luke 23:34, NIV)

1) Forgiveness is not **minimizing the seriousness** of the offense.

2) Forgiveness is not **reconciliation**.

3) Forgiveness is not about doing what's **fair**.

4) Forgiveness is not **impossible** to do.

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I can do everything through him who gives me strength. (Philippians 4:13, NIV)

5) Forgiveness is doing for **somebody** else what **Jesus** did for you!

ἀφίημι - “to cancel a debt and let it go”

“To be a Christian means to forgive the inexcusable because God has forgiven the inexcusable in you.”

(CS Lewis)

Why?

Jesus said, “Father, forgive them, for *they do not know what they are doing*.” (Luke 23:34, NIV)

*Forgiveness is the beginning of the **healing** process.*

How?

1) **Pray** for it. “Father...” (Luke 23:34, NIV)

“You have heard that it was said, ‘Love your neighbor and hate your enemy.’ But I tell you: Love your enemies and *pray for those who persecute you*, (Matthew 5:43–44, NIV)

2) **Choose** daily to forgive. “Father, *forgive them...*” (Luke 23:34, NIV)

“Forgive us our sins, as we forgive those who are indebted to us.” (Luke 11:4)

3) **Bless** them. “Father, forgive them, for *they do not know* what they are doing.” (Luke 23:34, NIV)

“But to you who are willing to listen, I say, love your enemies! Do good to those who hate you. **Bless those who curse you**. Pray for those who hurt you.” (Luke 6:27–28, NLT)

Power is released when forgiveness is given.

Freely you have **received**; freely **give**. (Matthew 10:8, NIV)