

Journey Church Hawaii  
The Miracle of Forgiveness, Part II  
“Resolve My Pain of the Past”  
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✓ Defining Forgiveness

“The process of reframing one’s anger and hurt from the past, with the goal of recovering one’s peace in the present and revitalizing one’s purpose and hopes for the future.”

[Dr. Dick Tibbits, Forgive to Live]

✓ Forgive Your Way to Freedom [formerly Learn to 4 Give] by Gil Mertz

1. Release my power of forgiveness
2. Resolve my pain of the past
3. Restore my peace in the present
4. Reclaim my purpose for the future

Intro Resolving to work through the pain of our past requires “appropriate grieving.” The Five Stages of Grief [Kübler-Ross model] are:

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance

Learning to Forgive requires resolve to work through the pain of our past. It is not a matter of hopelessly mourning our loss but appropriately grieving before we can move on with our lives. To often we rush this step and the grieving process ends up taking longer than necessary. Therefore, take a long look at our pain. Clearly identify its source and all the emotions associated with it. Which emotion describes yours when thinking about your pain?

✓ Psalm 34:18

The Lord is close to those whose hearts have been broken. He saves those whose spirits have been crushed.

A. The Source of our Pain

1. Family
2. Spiritual Family
3. Trusted Friend
4. An Unknown Person
5. Self-Inflicted [bad choices, destructive behavior]

B. Get them out in the open; Identify them; confess them; show God where it hurts

- ✓ “My grace is sufficient for you, for My power is made perfect in weakness.” Therefore, I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. 10 That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. [2 Cor 12:9-10]

C. Perspective [Romans 8:28]

1. Love deeper, care stronger, understand fuller, appreciate greater, walk closer to God
2. Drive us to anger, despair, bitterness and misery

II. Truth is the First Casualty of Pain [John 8:32]

- ✓ “You will know the Truth, and the Truth will set you free.”

A. Pain often “blurs our perspective on Truth. It causes us to believe things that are not true and helps keep us stuck in unforgiveness

B. What we can learn from Pain & Repetition [positive and negative]

- + Ouch! Something not right with my body
- + Hot! Do not touch
- + Spank! Discipline
- + ABC’s/Multiplication Tables
- Angry Words/Negative Reinforcement
- Emotional/Physical Abuse
- If repeated enough, makes it difficult to separate Truth from lies

C. Pain and Fear cloud our thinking; it can make a lie totally believable [Jeremiah 17:9-10]

- ✓ “The heart is hopelessly dark and deceitful, a puzzle that no one can figure out. But I, God, search the heart and examine the mind. I get to the heart of the human. I get to the root of things. I treat them as they really are, not as they pretend to be.” [The Message]

D. What is my Source of Truth? [Psalm 119:105; 2 Timothy 3:16]

- ✓ “Your Word is like a lamp that shows me the way. It is a light that guides me” [NIRV]

- ✓ “God has breathed life into all of Scripture. It is useful for teaching us what is true. It is useful for correcting our mistakes. It is useful for making our lives whole again. It is useful for training us to do what is right.” [NIRV]

E. I need the Gentle and Humble Heart of Jesus! [Matthew 11:28-30]

- ✓ “Come to Me, all you who are weary and burdened, and I will give you rest. 29 Take My yoke upon

you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For My yoke is easy and My burden is light.”

### III. “Do You Want to get Well?” [John 5:8]

- A. Am I being Honest about my Feelings?
- B. Do I realize the Price I am Paying?
- C. Am I waiting for Someone else to do Something?
- D. Do I think that withholding Forgiveness makes the other person Miserable?
- E. Have I been a Victim too long and Know no other way to live?
- F. Has my Pain become a Part of my Identity?
- G. Could it be that I am Not Ready to Get Well?

### III. The Hardest Person to Forgive [Romans 8:1; Isaiah 43:25]

- ✓ “Therefore, there is now no condemnation for those who are in Christ Jesus”
- ✓ And yet, I am the God who forgives your sins, and I do this because of who I am. I will not hold your sins against you. [GNT]

- A. Be accountable for what I have done, but keep it in the context of truth
  - 1. Don't exaggerate your role
  - 2. Do not take on too much responsibility
- B. Give myself the same grace I would give someone else who needs to be forgiven
- C. Confess to God and myself the specific things for which I am being forgiven
- D. When reminded of the sin, remind myself: “I am Forgiven”
- E. “Forgive as Christ forgives you” [Ephesians 4:32]

### V. Let Go and Let God [Philippians 3:10-14]

- ✓ 10 I want to know Christ—yes, to know the power of His resurrection and participation in His sufferings, becoming like Him in His death, 11 and so, somehow, attaining to the Resurrection from the

Dead [Christlikeness].

✓ 12 Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. 13 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, 14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

- A. Resolution is about letting go
- B. What am I holding onto that is worth keeping my pain alive?
- C. “Think of all the things you will miss if you don’t resolve all your pain of the past. Forgive and move on with your life. What could be worth so great a cost?” [G. Mertz]
- D. The Goal on this side of Heaven is to be CHRISTLIKE [Philippians 3:10-11]