

Journey Church Hawaii
The Miracle of Forgiveness, Part III
“Restore My Peace in the Present”
Pastor John Honold
March 24, 2019

- ✓ 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

Just because you have pain doesn’t mean you haven’t forgiven. Dealing with the emotions of forgiveness is where we are headed next in our journey. Now that we have resolved our pain of the past and committed to forgive, we want to restore our peace in the present. Restoring our peace in the present is about taking control and changing the course of our lives. The storms of our painful past may have blown us off course, but now we can begin to steer ourselves around and toward God’s true purpose for our lives. We’ve had enough pain. Let’s get some peace!

I. No Longer a Victim [2 Timothy 1:7 nkjv]

A. The first step to restore peace in our present is taking responsibility for our own lives

[Chuck Swindoll]: “The longer I live, the more I realize the impact of attitude on life. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break us. The remarkable thing is that we have a choice every day. We cannot change the past: we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play the one string we have – and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it.”

B. Have you become stuck by blaming others instead of seeking solutions?
[Gen 3:12; Ex 32:22-24]

[Robert Anthony]: “When you blame others, you give up your power to change”

C. Do you find yourself reliving your pain over and over through resentment [resentment means “to feel again”]? Has this practice ever once provided relief or peace?

[Buddy Hackett]: “I’ve had a few arguments with people, but I never carry a grudge. You know why? While you’re carrying a grudge, they’re out dancing!”

- D. Do you think withholding forgiveness is trying to restore a sense of fairness? Withholding forgiveness strokes our human desire to hurt back. No one escapes God’s judgment, even though we might not see it [Ro 12:17-21]
- E. Are you able to empathize with the person who brought you pain?
- F. Corrie ten Boom The Hiding Place [story from page 94](#)

II. Finding My Temper [James 1:20 niv]

- A. Our anger puts us in an extremely vulnerable position to make terrible and regretful choices [Prov 29:22]
- B. “genuine forgiveness does not deny anger but faces it head on” A. Miller [Eph 4:26-27]
- C. The mistake we often make with anger is that we use it just to vent instead of seeing a signal that something is wrong. Feeling Angry? Ask yourself three questions:
 - 1. What am I hurt about?
 - 2. What am I frustrated about?
 - 3. What am I afraid of?
- D. How God deals with Anger [Ex 34:6; Neh 9:17; Ps 86:15; Joel 2:13; Jonah 4:2]
- E. Therefore, SLOW DOWN!!! [James 1:19]
- F. “My life is in the hands of any fool who makes me lose my temper.” [J. Hunter] Is the fool who hurt you worth surrendering control of your temper?

III. To Feel Different, Think Different [Romans 12:2 nlt]

- A. Just because the pain of your offense still lingers does not mean you haven’t forgiven ... the healing process takes time
- B. You can be proactive in your healing by taking control of your emotions. The best way to change the way you feel is to change the way you think
- C. The Battleground of the Mind [James 1:14-15; 2 Cor 10:3-5; 1 John 3:20]
- D. Word of Truth [John 8:32; 2 Timothy 3:16-17; Psalm 1]
- E. Power of Prayer and Worship [Philippians 4:6-7; Ps 34:1-2]
- F. Find Someone to help you think [James 5:16]

IV. Remembering How to Forget [Isaiah 43:18-19 NIV]

A. God chooses not to remember [Jer 31:14]

B. Reframing: Remember in a different way with peace, joy, freedom and victory [Ro 8:28]

C. How to Reframe my picture

1. What details am I leaving out of the story because of my hurt and anger?
 2. Can I describe the incident from an outsider's point of view?
 3. How might another person's account of the incident differ from mine?
 4. Did this person specifically set out to hurt me on purpose?
 5. Is this person aware that you've been hurt?
 6. Is there any way that I could have misunderstood what was said or done?
 7. Have I made an attempt to reach out to this person for clarification?
 8. Have I withdrawn from this person and do I feel resentment?
 9. Can I express my hurt to resolve my anger?
 10. Do I see my offender as the total villain, and I am the total victim?
 11. Am I in a way responsible for what happened between us?
 12. Are there other characters involved in this story or just this person?
 13. Can I empathize in any way with the person who hurt me?
 14. Were there any outside influences that made this person do this to me?
 15. What might have happened in this person's past to act this way?
 16. What good qualities might this other person have?
 17. Are there good points about this person that other people see?
 18. Am I learning anything new each time I recall the offense?
 19. What effect will my resentment have on my future?
 20. Have I included forgiveness on my list of options?
 21. Do I consider myself more worthy of forgiveness than this person?
- D. "The Truth will set you free but first it will make you miserable" [President James Garfield]

V. When All Else Fails, KEEP YOUR MOUTH SHUT! [Proverbs 10:19 nlt]

- A. When all else fails, we need to take charge of these “lying voices’ [inner voices] and tell them to “Keep your mouth shut!”
- B. **David and Goliath** [1 Samuel 17:45-47]

David said to the Philistine, “You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel, whom you have defied. 46 This day the Lord will deliver you into my hands, and I’ll strike you down and cut off your head. This very day I will give the carcasses of the Philistine army to the birds and the wild animals, and the whole world will know that there is a God in Israel. 47 **All those gathered here will know that it is not by sword or spear that the Lord saves; for the battle is the Lord’s, and He will give all of you into our hands.**”

- C. **Jesus and Satan** [Matthew 4:1-11] “it is written [3x] ... away from me, Satan!”
- D. **Adam and Eve** [Genesis 3:1-6] engaged adversary in a dialogue
- E. Stand Firm! Resist! Watch what God does! [James 4:7; 1 Peter 5:8; Daniel 6:22]
- F. Life in the Fullest Possible Way! [John 10:10]