



# The Anatomy of Forgiveness

## God's Guidelines for Bringing Genuine Relational Restoration

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### God's Core Principles of Relational Restoration

**1. God holds you accountable to make amends to those you've sinned against.**

*Therefore, if you are offering your gift at the altar and there remember that your brother has something against you." MATTHEW 5:23*

**2. God holds you accountable to forgive those who've sinned against you.**

*If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over." MATTHEW 18:15*

**3. Be willing to forgive lots ... 77 times and more.**

*"Jesus answered, 'I tell you, not seven times, but seventy-seven times.'" MATTHEW 18:22*

**4. Forgive genuinely ... from the heart.**

*"This is how my heavenly Father will treat each of you unless you forgive your brother from your heart." MATTHEW 18:22*

**5. Forgive and Release ... don't repeat the issue again.**

*"He who covers over an offense promotes love, but whoever repeats the matter separates close friends." PROVERBS 17:9*

**6. Seek to work through your differences – the sooner the better.**

*In your anger do not sin. Do not let the sun go down while you are still angry." EPHESIANS 4:26*

**7. Restoring relationships includes making many things right.**

*"Fools mock at making amends for sin, but goodwill is found among the upright." PROVERBS 14:9*

**8. Real restoration includes restitution.**

*"But Zacchaeus stood up and said to the Lord, 'Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount.'" LUKE 19:8*

**9. The spiritual walk with Jesus is intended to include fellowship with all believers.**

*“But if we walk in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus, His Son, purifies us from all sin.” 1 JOHN 1:7*

**10. Rest in doing what you can to get things right and leave the results to God.**

*“If it is possible, as far as it depends on you, live at peace with everyone.” ROMANS 12:18*  
(Read “Gifts at the Wall”)

## **CLOSING RESTORATION COMMENTS**

1. Believe that God’s way is best; don’t argue - just follow His plan. As He has fully forgiven you, you must also forgive others.
2. Forgiveness is a gift to your own soul. It frees you. Corrie ten Boom, “Bitterness is drinking poison thinking someone else will die.”
3. Forgiveness is a series of steps. Remind yourself and reinstate your commitment to forgive as often as necessary.
4. Ask God to deal with your unwillingness to forgive. Your stubborn, angry heart may get in the way. Forgive as the Lord forgave YOU!
5. List all those people you have to get right with. Share this amends list with a friend who will support you through checking off the list.
6. Trust God with this journey of forgiveness. Ask Him to guide you and help you to both own well and apologize and forgive well and extend grace freely.

***GUILT and APOLOGIES or  
GRACE and FORGIVENESS...***

*Make your next 3 steps your best 3 steps!*

Coming this fall: **“Learning to Forgive Yourself”**