

THE REST OF FORGIVENESS

February 17, 2019 1 John 1:9, James 5:16; Matt. 6:12
@Rest series, part 3 by Bob Branch

BIG IDEA: Forgiveness can unlock rest and peace within us, or the lack of it can tie-us-up inside.

¹ **CONFESS**. The daily practice of confessing your sins to him and receiving forgiveness.

“If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

1John 1:8-9

We have prayed, even begged, for forgiveness, and though we hope we have been forgiven, we sense no release. We doubt our forgiveness and despair at our confession... The haunting sorrows and hurts of the past have not been healed. We try to convince ourselves that God forgives only the sin; he does not heal the memory. But deep within our being we know there must be something more. **Richard Foster**, *Celebration of Discipline*

² **CONFESSOR**. God’s forgiveness with skin-on.

“confess your sins to each other and pray for each other so that you may be healed.” **James 5:16**

- you come **out of darkness** into the light
- **speaking truth aloud**, always powerful
- humbling yourself
- they can see if you’re **for real or not**
- they can **make God’s forgiveness real** to you

“If you forgive anyone’s sins, their sins are forgiven; if you do not forgive them, they are not forgiven.” **John 20:23**

³ **FORGIVING others**. In his forgiving love, God commands us to give what we receive.

“And forgive us our debts, as we also have forgiven our debtors... For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.” **Matthew 6:12, 14-15**

“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.” **Colossians 3:13**

“Forgive, and you will be forgiven.” **Luke 6:37**