

## Praying Like Jesus: The Prayer of Forgiveness

How can God help me increase my capacity to forgive? (Luke 23:32-38)

1. **Forgiveness is not an occasional act but a constant attitude.**  
(Luke 23:34a; Isaiah 53:4-5)

How does this challenge you to pray differently for those who have hurt you?

2. **Because I've been forgiven, I have the power to forgive.**  
(Luke 23:39-43)

Good people don't go to heaven; forgiven people do.

Ephesians 4:32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

What forgiveness is **NOT**:

- Forgiveness is not excusing the other person's behavior.
- Forgiveness is not deleting a memory.
- Forgiveness is not making the other person right.
- Forgiving quickly is not trusting them immediately.
- Forgiveness is not allowing them to continue to hurt you.
- Forgiveness doesn't mean you have to continue to include the person in your life.
- Forgiveness doesn't mean you need to tell the person that he or she is forgiven.

How do we get better at forgiving?

- **Rediscover** the humanity of the person who hurt us.
- **Release** our right to get even.
- **Revise** our feelings toward the person we forgive.

Who is God calling you to forgive first?