

the healing from the hurt to begin. It has even been scientifically shown that forgiveness can be beneficial to our mental and physical health while continued anger and bitterness lead to sickness.

We started in **Ephesians 4:32** and found that we are to forgive others as God forgave us. We also looked at a great quote from John Bevere, "A person who cannot forgive is a person who has forgotten what he has been forgiven of."

We said that God forgave each and every one of us for all of our sins, past, present and future so that we no longer have to suffer the consequence of sin and be separated from God. God sees us, through Jesus Christ, as if we have never sinned.

We didn't do anything to earn God's forgiveness and we certainly do not deserve it but He gave it to us because He loves us and wants to be in a relationship with us.

We took a look at just what God's forgiveness looks like by watching a short video clip of Jesus' crucifixion from the movie "Son of God".

After going through such extreme punishment and then while dying being nailed to the cross, Jesus does not lash out and give the people what they "deserve" for their sins. He instead amazingly tells God to forgive them, **Luke 23:34**.

Relating this to our series about how Jesus wants us to deal with "mean people", we see Jesus modeling for us, in the most extreme case, by responding to even the worst "mean people" with grace, mercy and forgiveness. This tells us that when we are confronted by others' meanness, anger, jealousy and lies, etc. we are to respond with grace, mercy and forgiveness just as Jesus showed us.

We remembered that forgiveness does NOT mean that we approve of what they did or that we will just let them do it over and over. It means, just as God does not approve of our sin but forgives us for it, so should we forgive others.

We found that not only forgiveness but literally everything that we covered in this series is not only extremely difficult for us to do, it is sometimes downright impossible to do without God. Therefore, we must rely on the Holy Spirit to guide us and to give us strength to truly forgive others the way we are forgiven. We simply cannot do it on our own.

We finished by each of us thinking about somebody in our life who was "mean" to us who we cannot seem to forgive them for it. We wrote their initials or some other way for only us to identify them on a small piece of paper.

Our Challenge for the week is to keep this paper with us so that we can see it every day and be reminded every day for the next week, that we are to pray that the Holy Spirit would guide us and would work in our own heart and give us the strength to forgive this person for whatever they did so that we can begin the healing from it.

Join us next time as celebrate our Mothers on Mother's Day.

Upcoming Events

Summer Camp!

Don't miss Living Word Bible Church Summer Camp!
High School camp, for students going into 9-12 grade, is June 1-5.
Junior High camp, for students going into 6-8 grade is June 22-25.

Each camp costs \$149 plus \$30 for transportation to and from camp. Each camp is also limited to the first 50 students who register.

Register for camp online at:

<http://livingwordonline.com/index.php/summer-camp>



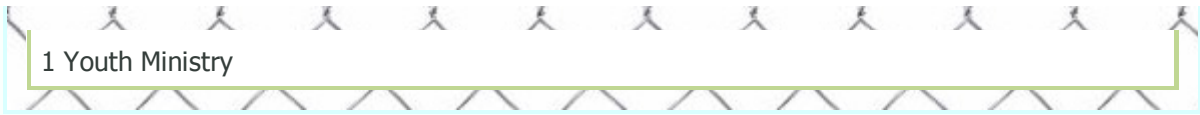
Junior High Camp 2013

Bible verses referenced in this lesson: Mark 11:25, Matthew 5:23-24, Ephesians 4:32, John 3:16, Luke 23:34, Matthew 6:12.

Let us know if you have any questions.

Have a blessed Week,

Chris & Michelle Miller



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