

#### Lesson:

This week we discussed probably the most difficult part of loving your enemies...FORGIVING THEM.

We talked about how important forgiveness is and how when Jesus responded after being beaten, spit on, mocked and finally nailed to a cross he asks God to "forgive them".

We learned that the forgiveness Jesus teaches about is the same forgiveness that God has for us; "complete" forgiveness. By what Jesus did on the cross, God completely forgives our sins as if we have never sinned. Our sins are washed away and he sees us just as he did before we ever sinned. God wants us to completely forgive our enemies, even bullies, and think of them the same as before they did whatever they did as if they never did it.

We also talked about why Jesus taught that we should forgive our enemies in this way. If we believe that God forgives us then we must also believe that God forgives our bullies as well and the Bible says that in the same way we forgive others, we will be forgiven. Jesus teaches us to forgive others the way we are forgiven. The two are connected because if we don't forgive others or believe that God can forgive others then we cause doubt in our own hearts that WE can be forgiven so even though Jesus paid the price for our sins, we don't truly believe we are forgiven in our hearts and therfore live our lives on Earth as if we are not forgiven.

We then discussed all of the other things that Jesus taught that we've been talking about from Matthew 5 including not staying angry, being truthful, loving our enemies and forgiving those who hurt us and decided that all of these things are very difficult if not impossible to do on our own. Jesus wants us to ask God, through the Holy Spirit, to help us do these impossible things and to help us be who he created us to be and be a shining light to others simply by being who we are called to be in Christ Jesus.

We finished up by writing down things that we need to be forgiven for on one side of a card and then writing down things that we need to forgive others for on the other side of the card. We then thanked God for his forgiveness and prayed for the Holy Spirit to help us forgive others in the same way before tearing up the cards and letting go of the guilt for whatever we needed to be forgiven for as well as letting go of the bitterness and unforgiveness toward those who we needed to forgive.

# Bible Verse: Luke 23:34

34 Jesus said, "Father, forgive them, for they do not know what they are doing." And they divided up his clothes by casting lots.

### Bible Verse: Colossians 3:13

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

#### Bible Verse: Matthew 6:14-15

14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive others their sins, your Father will not forgive your sins.

### Bible Verse: Matthew 7:1-2

7 "Do not judge, or you too will be judged. 2 For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.

## Bible Verse: Matthew 19:26

26 Jesus looked at them and said, "With man this is impossible, but with God all things are possible."