

**Bottom Line:** *God has forgiven us from a great sin debt we owed, as a response we become great forgivers.*

### Pray Like Jesus

- It starts with “Our Father in heaven, hallowed be your name” (We are reminded who we speak to in reverence and relationship)
- “your kingdom come, your will be done...” (we are to care about what He cares about)
- “Give us today our daily bread.” (our ongoing daily dependence)
- **“And forgive us our debts, as we also have forgiven our debtors.”**

### Matthew 6:9–13 (NIV)

<sup>9</sup> “This, then, is how you should pray: ‘Our Father in heaven, hallowed be your name,

<sup>10</sup> your kingdom come, your will be done, on earth as it is in heaven.

<sup>11</sup> Give us today our daily bread.

<sup>12</sup> **And forgive us our debts, as we also have forgiven our debtors.**

<sup>13</sup> And lead us not into temptation, but deliver us from the evil one.”

### “Forgive us our Debts...”

Greek word for “debts” is **ophelilema** translated “that which is owed.”

Greek word for “debtors” is **opheiletēs**, and it means “one who owes another.”

### Ephesians 2:1-5 NIV

<sup>1</sup> “As for you, you were dead in your transgressions and sins, <sup>2</sup> in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. <sup>3</sup> All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. <sup>4</sup> But because of his great love for us, **God**, who is rich in mercy, <sup>5</sup> made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.”

### Our Sin is Great, His Love is Greater

- We were “dead” because of our sins (trespasses, transgressions, debts)
- We deserve the wrath of God – He is Holy (set apart) and we are utterly ruined “woe is me”
- **“But** because of his great love for us, **God**...it is by grace you have been saved”

### Our Response to His Great Love

- We accept and receive His free gift in acknowledging Him as Lord (leader) and Savior –
- Jesus’ gift was given because of His great love for us, he desires real relationship
- This is why this is so important in prayer and in our relationship with God
  - We live grateful, saved, reunited,
- We continue to turn over areas of our life to Him through ongoing confession

### “...as we also have forgiven our debtors.”

- We are increasingly becoming grace-givers, looking more like Jesus
- In light of our debt paid, we view others debt differently
- We cannot say we are in forgiven-relationship with God when we lack forgiveness of others

### Luke 17:3-4 NIV

“So watch yourselves. “If your brother or sister sins against you, rebuke them; and if they repent, forgive them. Even if they sin against you seven times in a day and seven times come back to you saying ‘I repent,’ you must forgive them.””

### Ephesians 4:32 NIV

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

### Matthew 18:21-35 NIV Parable of the Unforgiving Servant

## Research on Forgiveness

<https://bit.ly/MayoForgive>

<https://www.linkedin.com/pulse/forgiveness-letting-go-grudges-bitterness-mayo-clinic-cheryl-king/>

<https://bit.ly/YouTubeForgive>

<https://www.youtube.com/watch?v=304DRXTmsUw>

Effects of Holding a Grudge	Benefits of Forgiveness
<ul style="list-style-type: none"><li>• Anger and bitterness carry into new experiences</li></ul>	<ul style="list-style-type: none"><li>• Healthier relationships</li></ul>
<ul style="list-style-type: none"><li>• We cannot enjoy the present because we are stuck in wrongs from the past</li></ul>	<ul style="list-style-type: none"><li>• Mental health</li></ul>
<ul style="list-style-type: none"><li>• Depression and anxiety are higher</li></ul>	<ul style="list-style-type: none"><li>• Lower anxiety</li></ul>
<ul style="list-style-type: none"><li>• Lack of meaning in purpose of life</li></ul>	<ul style="list-style-type: none"><li>• Lower stress</li></ul>
<ul style="list-style-type: none"><li>• Lose connected relationship with others</li></ul>	<ul style="list-style-type: none"><li>• Healthier immune system</li></ul>

### What Forgiveness is not:

- Forgiveness is not absent of consequences
- Forgiveness doesn't neglect healthy boundaries
- Forgiveness is not necessarily dependent on another person's admission of wrong

### Why is forgiveness so valuable to Prayer?

- We need a dependent relationship with God as we deal with our own sins
- We need a dependent with God as we deal with the sins of others
- We need a dependent relationship with God as we learn to forgive others

### For Small Group Discussion

**Opening Question:** Is there sin or tragedy in the world that you would consider unforgivable?

**Main Point:** When we recognize the great grace we have received from Jesus, it helps us to forgive others with grace and humility.

**Main Scripture:** Matthew 6:12

#### Head Questions

- Is it easier for you to forgive certain sins more than others?
- What is the difference between forgiveness and restoration?

#### Heart Questions

- Is it more difficult for you to forgive yourself or other people? What do you think that reveals about yourself?
- What was it like for you when you realized that you were forgiven by God?

#### Hands Questions

- When someone offends or sins against you, do you respond with an attitude of condemnation or pray for their conviction? Does it depend if they are remorseful or not?
- Is there someone you need to forgive or ask for forgiveness?
- Take some time in the next few days to think about: What has been most difficult for you to forgive? What is a next step for you in that process?

**Additional Scripture:** Psalm 51, Matthew 18:21-35

### Questions about prayer?

Email [askreallife@reallifeministries.com](mailto:askreallife@reallifeministries.com) and we will address your questions throughout the series and through additional podcasts.

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