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## Forgiving from The Heart

**Date:** Sunday 1<sup>st</sup> March

**Speakers:** Ruth Page & Steve Philpott

**Key Verses:** Matthew 18.21-35

### Talk Summary:

- This week as part of the Disciple series, we learn about the command to 'Forgive from the Heart'. Jesus was asked how many times must I forgive someone, his response was, 'every time', in fact if you don't forgive others, then you won't be forgiven. Jesus went on to tell the parable of the unmerciful servant (Matthew 18.21-35).
- Great examples of those who model forgiveness, Corrie ten Boom, Gordon Wilson, Jesus
- Forgiving others is for our benefit
- Unforgiveness is very bad for us spiritually, mentally and physically
- Forgiving doesn't stop justice, but it is God's to judge
- Forgiving isn't the same as reconciliation and healthy boundaries should apply
- We have to decide to forgive and emotionally let go of our resentment
- The Holy Spirit leads and strengthens to forgive others from the heart

### Resources and next steps

- Sozo Prayer appointments: They aim to quickly get to and deal with the root of things that are hindering your connection with Father God, Jesus and Holy Spirit. (It is not a counselling session). More information at [bvc.so/sozo](http://bvc.so/sozo)
- Sozo Basic Training - If you want to be equipped to help others, join us for this training event on 13<sup>th</sup> - 14<sup>th</sup> March. More details at [bvc.so/sozotraining](http://bvc.so/sozotraining)
- Freedom Day – Saturday, 7<sup>th</sup> March (details online, link in graphic below)

Want more freedom?  
Join Us!



# FREEDOM DAY

A guided prayer retreat, diving deeper into  
healing and freedom in Christ

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Saturday, 7th March  
9:30am - 4:00pm  
City Centre Site

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