



**UNFORGIVENESS
IS LIKE
FOG**



Have you ever been driving and received a notification to watch out for 'FOG'?

Have you ever been getting dressed and the meteorologist reported that there was thick fog in the area.

Fog is one of those weird things:

- You don't know it's coming
- You don't know where it came from
- When it shows up, you can't blow it away

When it shows up, it is something you must deal with

It is hard to move forward fast in the midst of fog – meaning YOU WON'T GET TO YOUR DESTINATION AS FAST AS YOU WOULD LIKE TO AS LONG AS FOG IS PRESENT

- You have to wait for the FOG to lift
- FOG blocks vision
- When FOG lifts, it's an amazing feeling. Why?
 - o Because I can now See

PAGE *
MERGEF
ORMAT 2

As we consider FOG, let's think about UNFORGIVENESS...

- The two are similar
 - o With FOG and UNFORGIVENESS, it's hard to move forward
 - o With FOG and UNFORGIVENESS, it's hard to See or have Vision
 - o With FOG and UNFORGIVENESS, it's an uncomfortable feeling
 - o With FOG and UNFORGIVENESS, it's an amazing feeling when it's gone

Let's break down Fog and Unforgiveness a little further

- Fog is a cloud that touches the ground. Fog forms with the following conditions
 - o A lot of humidity
 - o Dust or air pollution must be present
- Unforgiveness is defined as being unwilling to forgive
 - o Usually attached to something the person hated that happened
 - o Exposes one's unwillingness to forgive
 - o Refusing to have compassion for someone who has offended or hurt us



The Dangers of Unforgiveness

- Hurts the person who refuses to forgive the other person
- Blinds you to God's plan when you do forgive
- Causes you to dwell longer than you should
- It's not healthy for your heart and your mind
- It's a sin
- Blocks you from being forgiven by God
- Becomes a weight that you carry that was never designed for you to carry

WHAT IS THE ANSWER TO UNFORGIVENESS???

- FORGIVENESS

- An intentional and specific decision made by the person offended to release the hurtful act of the offender, including the resentment and anger, so they no longer carry the weight of the offense rendered to them
 - Is an act of faith – trusting God and His process
 - Frees you to begin to move forward and refusing to be stuck
 - Like FOG being lifted...you can begin to 'see' as you seek to move forward in your life
 - Is an act of obedience to God's Word
 - Not easy, yet it's necessary
 - Believing that if it worked for Jesus when He was on the cross, it surely can work for me with my cross and my life
 - Like FOG, Unforgiveness needs someone besides me to help Lift it
 - Frees you from the grip of unforgiveness because unforgiveness ties you to the perpetrator
- Peter asked Jesus in Matthew 18:21 "Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?
- Jesus replied in the next verse (22) and said "I do not say to you, up to seven times, but up to seventy times seven.
 - It wasn't about the number of times – it was about the Posture of Forgiveness
 - Jesus wants us always to be ready to forgive, even when we don't want to
 - Read the next several verses (23-35) and it gives a parable about forgiveness, which exposes another critical truth
 - Grace
 - So many times we are quick to be humble when we want and need forgiveness, but soon forget that when it's time to give forgiveness, it becomes hard and we often don't do – and at our expense
 - Grace should be stewarded
 - When God gives us 'grace', He is looking for us to 'GIVE' grace out to others



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- When you look at the FORGIVENESS – in the middle of that word is the word ‘GIVE’
- o I have found that Forgiveness is a GIFT given to me from God for me to be blessed by God and to be ready to give that same GIFT out to others, but I must be willing to:
 - GIVE
 - BE OBEDIENT
 - TRUST GOD
 - SEE GRACE and MERCY

So many times, when we are discussing Forgiveness, it is something many shy away from – yet it is one of the most liberating acts of the Christian. All of us have been hurt – some more than others – but hurt nonetheless. Each of those acts of hurt and offense is an opportunity for to trust God by showing mercy to others through the act of Forgiveness. It also allows me, the offended, to begin to operate in liberty and freedom – trusting God to do what only He can do.

Take a pause for your own cause and FORGIVE that person you think doesn't deserve forgiveness

- the person who you have hate for, deep down in your heart (it could be your mother, father, sister, brother, cousin, nephew, niece, aunt, uncle, friend, coworker, teacher, coach, pastor, boss, neighbor – you get the picture)
- This experience of forgiveness will allow you to experience God's love in a deeper way
 - o benefitting you in ways you won't ever know if you never forgive
- Go ahead and do it – you deserve freedom from the pain that happened to you
- Go ahead and do it – you deserve to be free from the grip of the chains of the dark moments that happened to you
- Go ahead and do it – if you don't, you will struggle moving forward while continuing to carry the unnecessary weight of past issues and encounters.

PAGE *
MERGEF
ORMAT 2

Go ahead and do it – Forgive – so you can experience Freedom to move forward in your Faith with a Fresh start
