

# Forgiving One Another

by Charles Stanley

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*To experience the joy of God's forgiveness, we must follow His model and forgive those who have wronged us.*

**Scripture:** Ephesians 4:29

**Topics:** "Forgiveness", "Repentance"

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## Description

Charles Stanley emphasizes the destructive nature of an unforgiving spirit, likening it to a hidden cancer that erodes joy over time. He outlines a healing process for unforgiveness, starting with repentance by taking responsibility and seeking forgiveness. The sermon highlights the importance of releasing the debt we feel others owe us, recognizing our own weaknesses through others' wrongdoings, and remembering God's abundant forgiveness towards us as a model for forgiving others. True joy in God's forgiveness is experienced when we extend that forgiveness to those who have hurt us, leading to a tender and untainted heart.

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## Transcript

Ephesians 4:29-32

An unforgiving spirit is like an insidious cancer that eats away at a person until it has a devastating impact. But while physical cancer often can't be seen or felt until it is a real danger, the cancer of unforgiveness often steals a person's joy for years. Yet there is a sure healing process for this cancer:

**Repentance:** You must assume responsibility for your unforgiving spirit toward someone and then have a change of mind. You must ask forgiveness for your unforgiveness, and then you must forgive the person in mind.

**Release:** No longer should you hold over someone the debt you feel they owe you. This release is an act of the will. Feelings have nothing to do with it, though some people sense a "release" of their own at this point.

**Recognition:** You acknowledge that the person's wrongdoing toward you exposed a weakness in your life. Your resentment, hostility, bitterness, and desire to seek vengeance are areas God wishes to whittle away.

**Remembrance:** You should remember continuously how often God forgives you. How many times have you asked His forgiveness? How many times has He said no?

You cannot truly experience the joy of God's forgiveness until you follow His model and forgive those who have wronged you. Life is so much sweeter when the heart is tender and not tainted.

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