



Praying for Forgiveness

- I. **Paragraph 4 – Praying for Forgiveness - “*And forgive us our debts as we forgive our debtors.*”**
 - A. Sin (Hamartia) – To miss the mark.
 - B. Repent and ask God to forgive you. – Psalm 86:5, I John 1:9, Hebrews 4:14-16
 - C. Forgive others. – Matthew 6:14-15, I John 4:20-21, Matthew 18:21-22
 - D. Forgive yourself. – Hebrews 8:12, Micah 7:18-19
- II. **Four Important Keys to Forgiveness**
 1. Be specific about the sins that relate to the _____.
 2. Be specific about the _____ you need to forgive.
 3. _____ for forgiveness from people you have offended.
 4. Forgive _____.
- III. **David’s Prayer of Forgiveness Psalm 51:3-4**



Psalm 51:3-4 NLT – *For I recognize my rebellion; it haunts me day and night. Against you, and you alone, have I sinned; I have done what is evil in your sight. You will be proved right in what you say, and your judgment against me is just.*

- ***Open Acknowledgment of Sin***

Like David, we must honestly confess our sins to God, acknowledging our need for His grace.

- ***Dependence on God's Mercy***

Both David's psalm and Jesus' prayer remind us that God's forgiveness is rooted in His mercy, not our merit.

- ***Forgiveness as a Way of Life***

Jesus teaches that receiving God's forgiveness goes hand in hand with forgiving others ("as we also have forgiven our debtors").

IV. Keys to Answered Prayers

- Repent and Receive God's Forgiveness (Psalm 103:10-12, Matthew 6:12, Acts 3:19, 1 John 1:9)
- Forgive Others (Matt. 6:14, Mark 11:25-26)
- Forgive Yourself (Romans 8:1-2, 2 Corinthians 5:17-18, Philippians 3:13-14)

V. Home Assignment

1. Find a quiet spot to spend time with the Lord. In your journal, write down those things you would ask God for forgiveness for in your life. Once you completed your list take a few minutes and ask the Lord to forgive you for the things you have listed. Don't be afraid of God, our Father. His grace and mercy are always available to us. 1 John 1:9 says, *"If we confess our sins to Him, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."*
2. After completing this, write down who you need to forgive and/or who you need to go to and ask for forgiveness. Matthew 6:14 tells us, *"If you forgive men (people) their trespasses, your heavenly Father will also forgive you. But, if you do not forgive men (people) their trespasses, neither will your Father forgive your trespasses."* It's time to forgive others. The Holy Spirit will help you.

3. Lastly, make a list of those things you need to forgive yourself for. This may be uncomfortable and even painful, but do not be afraid of the exercise. You are about to be set free from self-unforgiveness. Once you have completed your list, by faith, begin to forgive yourself for those things listed on your list. Hebrews 8:12 promises that God will forgive your wickedness and never again remember your sins. Trust the Holy Spirit to help you during this self-introspection. He will bring comfort and peace.
- a. Today, I prayed about _____.
 - b. What was my experience as I repented of my sins against God, forgave others, and forgave myself?
 - c. What did I see or hear in my Spirit?
 - d. What emotions did I feel while going through the acts of forgiveness? What emotions did I feel while forgiving myself.
 - e. While praying I was compelled to _____.

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