"Healing Habits" (4)

"...Forgive us our sins, for we ourselves forgive everyone who is indebted to us..." (Luke 11:4)

"(Love) ...keeps no record of wrongs". (1 Corinthians 13:5 NIV)

Do Yourself a Favor - Forgive

Colossians 3:12-15 – (12) "Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, (13) bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. (14) And above all these put on love, which binds everything together in perfect harmony. (15) And let the peace (Eirene – quietness, rest) of Christ rule in your hearts, to which indeed you were called in one body. And be thankful."

<u>Jeremiah 31:34</u> – "...For I will forgive their iniquity, and <u>I will remember their sin no</u> more."

Satanic Freeze-Framing

Zechariah 3:1-5 – (1) "Then he showed me Joshua the high priest standing before the angel of the LORD, and Satan standing at his right hand to accuse him. (2) And the LORD said to Satan, 'The LORD rebuke you, O Satan! The LORD who has chosen Jerusalem rebuke you! Is not this a brand plucked from the fire?' (3) Now Joshua was standing before the angel, clothed with filthy garments. (4) And the angel said to those who were standing before him, 'Remove the filthy garments from him.' And to him he said, 'Behold, I have taken your iniquity away from you, and I will clothe you with pure vestments.' (5) And I said, 'Let them put a clean turban on his head.' So they put a clean turban on his head and clothed him with garments. And the angel of the LORD was standing by."

Joseph's Reframing

Genesis 41:50-52 – (50) "Before the year of famine came, two sons were born to Joseph. Asenath, the daughter of Potiphera priest of On, bore them to him. (51) <u>Joseph called the name of the firstborn Manasseh</u>. 'For,' he said, 'God has made me forget all my hardship and all my father's house.' (52) The name of the second he called Ephraim, 'For God has made me fruitful in the land of my affliction.'"

Choosing to Forget begets Fruitful, Healthy Living

Genesis 50:15-20 – (15) "When Joseph's brothers saw that their father was dead, they said, 'It may be that Joseph will hate us and pay us back for all the evil that we did to him.' (16) So they sent a message to Joseph, saying, 'Your father gave this command before he died: (17) 'Say to Joseph, 'Please forgive the transgression of your brothers and their sin, because they did evil to you.' And now, please forgive the transgression of the servants of the God of your father.' Joseph wept when they spoke to him. (18) His brothers also came and fell down before him and said, 'Behold, we are your servants.' (19) But Joseph said to them, 'Do not fear, for am I in the place of God? (20) As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today."

Remembering & Revenge

<u>1 Kings 2:8-9</u> – (8) "And there is also with you Shimei the son of Gera, the Benjaminite from Bahurim, who cursed me with a grievous curse on the day when I went to Mahanaim. But when he came down to meet me at the Jordan, I swore to him by the LORD, saying, 'I will not put you to death with the sword.' (9) Now therefore do not hold him guiltless, for you are a wise man. You will know what you ought to do to him, <u>and you shall bring his</u> gray head down with blood to Sheol.'"

<u>Proverbs 24:29</u> – "Do not say, 'I will do to him as he has done to me; I will pay the man back for what he has done."

<u>Proverbs 20:22</u> – "Do not say, 'I will repay evil'; <u>wait for the LORD</u>, and he will deliver you."

Glorify God

Proverbs 19:11 – "Good sense makes one slow to anger, and it is his glory to overlook an offense."

(ESV used unless otherwise noted)

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