

**The Freedom of Forgiving:  
How To Begin  
John 8:31-32**

**To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free."**

**FREE YOURSELF FROM WHAT FORGIVING IS NOT**

**A> Forgiving is not forgetting.**

*(Jeremiah 31:34) For I will forgive their wickedness and will remember their sins no more.*

**B> Forgiving is not saying that the other person is right.**

*(Luke 23:34) Jesus said, "Father, forgive them, for they do not know what they are doing."*

**C> Forgiving is not giving up control of our lives, but reclaiming it.**

**D> Forgiving is not the instant end of pain.**

**COMMIT YOURSELF TO WHAT FORGIVING IS**

**A> I will face it.**

**B> I will feel it.**

*(Genesis 50:17b) When their message came to him, Joseph wept.*

**C> I will free it.**

*There must be a future, in spite of the past.*