

# **FORGIVING, FORGETTING AND HOLDING GRUDGES (Part II)**

## **I. WHAT DOES GOD SAY ABOUT FORGETTING?**

*“Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.”*

**Philippians 3:13-14**

*“As far as the east is from the west, so far has He removed our transgressions from us.”*

**Psalms 103:12**

**Job 11:13-19**

## **II. WHAT IS FORGETTING?**

**\*Notice in the following statements that forgetting is not blocking the memory but is a conscious action that requires effort.**

- 1. Forgetting is putting misdeeds behind you by no longer bringing them up.**
- 2. Forgetting is the lack of further discussion, with no ongoing negative talk about the misdeed.**
- 3. Forgetting is promising that the misdeed, whether done on purpose or by accident will not be brought up again.**
- 4. Forgetting is our commitment to let go of anger, hurt, and pain over the misdeed.**
- 5. Forgetting is the development of a plan of action between the two of us to heal the scars resulting from the behavior.**
- 6. Forgetting is letting go of the need to seek revenge for any past misdeeds.**
- 7. Forgetting is the act of encouragement to assist the other person to rebuild a loving, caring, and healthy relationship with us and others.**

### **III. WHAT ARE GRUDGES?**

- 1. A grudge is revenge turned inward. This doesn't work because the offender can go their merry way but we may still be angry, sour, or bitter.**
- 2. A grudge grows like cancer into our entire mindset. Soon we open the door for envy, malice, jealousy, bitterness, gossip, and slander -- we will stop at nothing to even the score.**
- 3. Grudges generate guilt when we willfully and continually refuse to forgive the one who hurt us because we won't feel forgiven ourselves.**
- 4. A grudge handcuffs us to the past causing us to blame our present failures on past misfortunes. "If only they hadn't done that, then I'd not be in this jam now..."**
- 5. A grudge is an energy leak because we waste great amounts of mental energy maintaining our grudge.**
- 6. A grudge usurps God's rightful role as He says vengeance is His.**

### **IV. WHAT ARE THE WRONG REMEDIES FOR GRUDGES?**

- 1. Covering it.**  
**Covering it over instead of dealing with it and saying, "I'll pretend it never happened," would be like trying to cure cancer with aspirin.**
- 2. Forgetting it.**  
**God is not asking us to block the memory of the offense. We simply can't do it. He does -- but He does not ask us to do the same. He has designed us so that our memory contains all the events of our lives. It is conceivable that we could remember everything that ever occurred in our lives, especially painful experiences.**
- 3. Excusing it.**  
**Excusing them by saying, "they can't help it they are just that way," may be the easy way out but will never bring resolution to the misdeed.**