

## Why People Struggle with Forgiveness

**Colossians 2:13-14** “When you were dead in your sins and in the uncircumcision of your sinful nature, God made you alive with Christ. He forgave us all our sins, having canceled the written code, with its regulations, that was against us and that stood opposed to us; he took it away, nailing it to the cross.

(Article adapted from Isaiah 61 Ministries) God made us alive, how? Because he forgave us. How did he forgive us? By cancelling the debt. But people hit roadblocks in living out true forgiveness. Here’s why:

1. The myth that you MUST forgive quickly because you’re a Christian.

Why do most of us have a problem with the Old Testament? All the blood and sacrifice right? God didn’t say, “Your sin, no problem!” Just remember the thousands of years God took to put Jesus on the cross for our sins. It was not a quick process. Ask yourself, “Am I on a path toward bitterness and rage, or true healing and forgiveness?”

2. The myth that when I forgive I MUST forget, that remembering is not forgiveness.

Forgiveness actually requires remembrance from a human standpoint...think about communion. It’s what you do when or if you remember. Do you go toxic and bitter, or put it in the context of forgiveness?

3. The myth that If I forgive you...then I have to act like it didn’t happen or make it okay.

Remember, sin is always sin...even when it’s forgiven.

4. We have not internalized our own forgiveness.

Don’t lose that sense of awe of when God forgave you. Remember, that’s what the unmerciful servant was condemned for (Matthew 18).

5. Remember that reconciliation and forgiveness are TWO separate processes.

Forgiveness is unilateral, goes one way. Reconciliation is bilateral, it goes two ways. For example, God has forgiven all sins through Jesus Christ (unilateral), but you have to take him up on his offer (bilateral). Have you?

