

Sermon Series - FORGIVENESS

Week 3: Barriers to Forgiveness (Forgiveness in Practice)

Pastor Jason Mick

United City Church

Introduction



Week 3 focuses on living out forgiveness in everyday life. Forgiveness moves from understanding to application, where believers choose freedom over bitterness and reflect the heart of God in real relationships.

Key Scriptures

- Romans 12:17–21 – Overcome evil with good and leave justice to God.
- Ephesians 2:1, 4–5 – We were dead in sin, but God made us alive through His mercy.
- Proverbs 14:10 – Each heart knows its own bitterness and joy.
- Ephesians 4:31–32 – Put away bitterness and forgive as Christ forgave you.
- John 10:10 – Jesus came that we may have life abundantly.

What is your “**Yes, but**” moment?

- I’ll forgive...but
- I’ll release it...but
- I’ll move forward...but

The Gospel’s Answer:

But GOD (presented throughout scripture)

- We were dead in sin...But God
- Evil meant to destroy...But God
- My strength was failing...God

1. Forgiveness Reflects the Heart of God

Ephesians 4:31–32 teaches that believers are called to remove bitterness, anger, and malice, and instead walk in kindness and forgiveness. Our ability to forgive flows from the mercy we have received in Christ.

2. Remember What God Has Done for You

Ephesians 2:1, 4–5 reminds us that we were once spiritually dead, but God, rich in mercy, made us alive with Christ. When we remember how much we have been forgiven, it softens our hearts toward others.

3. The Internal Battle of Forgiveness

Proverbs 14:10 highlights the personal and internal nature of pain. Forgiveness often begins in the hidden places of the heart, where only God fully understands the depth of the hurt.

4. Choosing God's Way Over Revenge

Romans 12:17–21 calls believers not to repay evil for evil, but to trust God with justice and actively pursue good. Forgiveness is choosing to overcome evil with good instead of holding onto revenge.

5. Forgiveness Leads to Freedom

John 10:10 reveals that Jesus came to give abundant life. Unforgiveness restricts that life, but forgiveness opens the door to freedom, peace, and spiritual vitality.

6. Practicing Forgiveness Daily

- Acknowledge the hurt honestly before God.
- Choose to release the offense, even when emotions remain.
- Pray for the person who caused the hurt.
- Allow God to replace bitterness with compassion over time.

Closing Encouragement

Forgiveness is not saying the offense did not matter—it is choosing to no longer be controlled by it. As we forgive, we step into the abundant life Christ offers and reflect His grace to the world.