

## **Bad Blood: The Power of Forgiveness**

How do I grow in my capacity to forgive? (1 Samuel 24:1-4 NLT)

**1. Process the pain.** (Psalm 142:1-6)

Forgiveness is not

- acting like it never happened
- becoming a doormat
- a lack of accountability or consequences
- a lack of setting boundaries

**2. Forgive often, quickly, and thoroughly.** (Ephesians 4:32 MSG; Matthew 18:21-22 NLT)

**3. Trust God to do His part.** (1 Samuel 24:5-12, 16-19 NLT; Psalm 142:6)

“To forgive is to set a prisoner free and discover that the prisoner was me.”

Psalm 142:7a Set me free from my prison, that I may praise your name.

What next step do I need to take to grow in my capacity to forgive?