

# The Art of Letting Go

November 15, 2020- Tommy Moore

## Forgiveness

Greek word *aphesis*

A sending away, a letting go, a release

Forgiveness doesn't mean you're a doormat.

Some wounds heal on their own. Others need addressing or they will become infected and do more harm.

**Matthew 18:15-17**

Forgiveness is for the good of your own soul as much as anything else.

"Unforgiveness is like drinking poison and expecting the other person to die." -Marianne Williamson

Forgiveness isn't the same thing as reconciliation.

There is no repairing without repentance.

**Matthew 18:21-35**

"Many people are too quick to trust someone in the name of forgiveness and not make sure that the other is showing signs of change."  
-Henry Cloud, *Boundaries*

Forgiveness is a process

"Seventy times seven."  
Matthew 18:21-22

### Questions to take with you:

Who is someone you need to forgive? What does that look like?

How might some of your current relationships be impacted by the wounds of your past?

Who is someone that you need to ask forgiveness from?  
(Matthew 5:23-26)

What's something you need to forgive yourself of?

"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." (Ephesians 4:31-32)

**Resources:** Boundaries by Cloud and Townsend, Emotionally Healthy Spirituality by Peter Scazzero

**Song Selection:** Blood and Tears, Holy Water, Be Thou My Vision, Brother, Walk In Love

**Looking to Connect?:** One of the Narrate staff would love to connect over lunch or coffee. To schedule a time please email [info@narratechurch.org](mailto:info@narratechurch.org) and we will get back to you within the week.

**Therapist or Spiritual Director?:** Email [info@narratechurch.org](mailto:info@narratechurch.org) and we will get you the contact of the therapists and directors we recommend.