



## MODULE 3 - Teacher's Guide

### WHAT ABOUT ME? WHAT DO I DO WITH ANGER AND DISAPPOINTMENT?

#### Lesson 4

#### Forgiving vs. trusting

##### Preview

These are the main points that this lesson will cover:

1. God forgives us completely and instantly.
2. God wants us to forgive other people the same way that He forgives us—completely and instantly.
3. We cannot do anything to earn God's forgiveness. It is a free gift that He has given us, thanks to the sacrifice of His Son, Jesus.

Many of us tend to misunderstand forgiving and trusting. The first point to remember is that forgiveness is an act and not a feeling. Many of us withhold forgiveness from someone who has harmed us because we are still holding onto the anger or sadness from the hurt. We're mad or sad and thus don't feel like forgiving. Instead, we hold a grudge until we feel we can trust that person to not hurt us again. Another approach we might take is withholding forgiveness until that person has paid for what he or she did. We might tell ourselves that he doesn't deserve our forgiveness and is going to have to earn it from us.

The bottom line is that God forgives us completely and instantly, and He commands us to do the same. We can trust that He holds none of our sins against us. If we start holding a grudge we not only will continue to feel miserable, but we also will be sinning. How do we not forgive when God has so freely forgiven us? How do we expect someone to pay for his own sins when Christ suffered and died in our place for our sins?

Distrusting someone who has sinned against us is very different. It is okay to have specific boundaries in place that protect us from being sinned against or harmed by others. We have to forgive, but we don't necessarily have to trust the individual that we are forgiving. We don't have to put ourselves in harm's way just because we have forgiven someone.



Please remember the most important thing about God's Word: we have complete, 100% forgiveness from our sins and can trust that the Lord will forgive ANY sin that we confess to Him. He does not require any payment for our sins. Our Savior, Jesus Christ, suffered and died as full payment for our sins. Through faith in Him our hope is secure. That hope is eternal life in heaven. Trusting in these promises that God reveals to us in His Word will also help us to get rid of the anger and disappointment we've experienced in our lives. Instead of anger, God's forgiveness will motivate us to show love and compassion to others, demonstrating faith to one another.

##### Review

These are the main points that this lesson covered:

1. God forgives us completely and instantly.
2. God wants us to forgive other people the same way that He forgives us—completely and instantly.
3. We cannot do anything to earn God's forgiveness. It is a free gift that He has given us, thanks to the sacrifice of His Son, Jesus.

Suggested answers to the student lesson.

1. God's grace.
2. Nothing.
3. God will hold a grudge against us. He will not forgive us.
4. Anyone who has sinned against you.
5. He forgives us our sins.
6. He has brought us back to Himself.
7. The message of forgiveness through Christ.