



**A.M. Bible Study**  
**Pastor Johnell Thomas - Teacher**

**Wednesday, December 4, 2024**

## **"FORGIVENESS"**

One of Tyler Perry's movies had a court scene. In the scene the court assigned Tyler Perry's character to see a psychiatrist for anger management. Dr. Phil played the role of a psychiatrist. Dr. Phil asked Tyler Perry why he felt the need to get back at the person who wronged him.

Dr. Phil asked him if he could forgive the person and move on. His response was "no, you must get people back harder than they got you. That way they will think twice the next time because you got them better than they got you."

Getting back at someone who wronged you is truly the way of the world. The world says if you hurt me, I will hurt you back. Unforgiveness holds us hostage. It can become toxic by making us resentful, revengeful, malicious, or enticed to hold grudges. Unforgiveness does not mean you will become buddies with the person. It means you release yourself from bitterness and anger.

### **A. Unforgiveness**

1. Distance from God

*Matthew 6:15*

### **B. Forgiveness**

1. What is Forgiveness
2. Right Relationship with God
3. Importance of Forgiveness
4. Forgive for Your Own Good
5. Forgive Because it Pleases God

*Matthew 18:23-27*

*Matthew 6:14*

*Matthew 5:23-24*

### **C. How to Pull It Off**

1. Pray
2. New Nature
3. Put Away the Old
4. Do Not Forget

*Psalm 145:18*

*Ephesians 4:31*

*Ephesians 4:31*

*Ephesians 4:32*