

Causes of Unforgiveness

Barry G. Johnson, Sr. / www.barryjohnsonsr.com

Walking Christian on Forgiveness / Forgiveness; Unforgiveness



III. CAUSES OF UNFORGIVENESS

- Many have suffered the severity of these words ... Psalm 41:9

A. Why Is It So Difficult to Forgive?

- *The Bible states it this way ... Proverbs 18:19*

Barriers to Forgiveness

- **No _____ of forgiveness from parents**
— “I don’t know how to forgive.”
- _____ **that the offense ever occurred**

Causes of Unforgiveness

— “I don’t want to think about it.”

• **Fearing to hold the guilty _____**

— “It’s really all my fault.” (This kind of thinking short-circuits the reality and the pain of being wronged.)

• **Not feeling that you can forgive _____**

— “No mercy for me—no mercy for you.”

• **Not being forgiven for your _____ offenses**

— “They didn’t forgive me—why should I forgive them?”

• **Not _____ God’s forgiveness**

— “God will never forgive me—I will never forgive her.”

• **Believing that _____ is a required response to betrayal**

— “God knows that my feelings are normal.”

• **Thinking that forgiveness is _____ unjust behavior**

— “I’m not about to say that what she did was okay!”

• **Requiring an apology or show of _____**

— “He shouldn’t be forgiven because he’s not really sorry.”

• **Feeling a sense of _____ by hanging on to unforgiveness**

— “He needs to see how wrong he is!”

• **Refusing to turn loose of _____**

— “He should pay for what he’s done.”

• **Harboring a prideful, _____ heart that becomes a spiritual stronghold**

— “I refuse to forgive.”

These barriers to forgiveness ought to be considered in light of the scripture Proverbs 28:14

Question: “What should I do if I don’t want to reap the damaging results of unforgiveness?”

Causes of Unforgiveness

Answer:

That is why the Bible says we are to ...2 Corinthians 10:5

B. How Does the Need for Justice Contribute to Unforgiveness?

- *Those needing mercy appreciate Psalm 51:1*

But why is the need for justice so strong and natural, and why is forgiveness so difficult and unnatural?

Three reasons:

1. God has instilled within every human heart a *sense of right and wrong*; therefore, we feel a need for justice when we are wronged. *Romans 2:15*
2. Based on the law, forgiveness seems *inappropriate and unnatural*. *Deuteronomy 19:21*
3. Because God is a God of justice, *somebody must pay*.

The Bible exhorts us to ...Luke 6:36



- Go to www.barryjohnsonsr.com under Bible Classes to see a video on Justice.
- Click on the graphic to see a video on the Biblical meaning justice.

Causes of Unforgiveness

C. How Is a Spiritual Stronghold Developed?

- The Bible says, *Ephesians 4:26-27*

The Development of a Spiritual Stronghold

#1 When you refuse to forgive your offender, you have *unresolved anger*.

#2 Unresolved anger, in turn, allows Satan to set up a *stronghold in your mind*.

#3 This stronghold is a *fortified place* from which “*flaming arrows of the evil one*” are flung

#4 These flaming arrows of accusation and unforgiveness can continue to burn in your heart and keep you *mentally captive to do the enemy’s will*.

- *The Bible prepares us for this struggle... Colossians 3:8*

D. Can You Be Totally Forgiven by God?

How Can You Find God’s Forgiveness?

#1 God’s Purpose for You ... is _____.

#2 Your Problem ... is _____.

#3 God’s Provision for You ... is the *Savior*.

#4 Your Part ... is _____.

Question: “I know God has forgiven me of my sins, but how do I forgive myself?”

Answer:

Causes of Unforgiveness

E. What Is the Root Cause of Unforgiveness?

- Everyone has been created with three God-given needs:
 - for _____, for _____, and for _____.

• Wrong Belief:

It's natural for me _____

If I forgive them, _____

My offenders need to _____

Result:

This belief reflects an attitude of pride that sets you up as a _____

• Right Belief:

Because God has totally forgiven me, _____

Result:

This belief reflects a heart of _____