

A sunset over a body of water with a thatched umbrella in the foreground. The sky is a gradient of purple, red, and orange. The sun is a bright yellow circle on the horizon, reflecting on the water. The umbrella is a dark silhouette on the left side of the frame.

The Inner Peace Of Forgiveness

Building Bridges

"Building Bridges of Inner Peace via Forgiveness of Self"

Phil. 3:13-16

Phil. 3:13 Brethren, I count not myself to have apprehended: but *this* one thing *I do*, **forgetting those things which are behind**, and reaching forth unto those things which are before,

14 I press toward the mark for the prize of the high calling of God in Christ Jesus.

15 Let us therefore, as many as be perfect, **be thus minded**: and if in any thing ye be otherwise minded, God shall reveal even this unto you.

16 Nevertheless, whereto we have already attained, let us walk by the same rule, **let us mind the same thing.**

The Inner Peace of Forgiveness

Our theme this year is *“Building Bridges.”* A few weeks ago we considered the construction of such bridges via RESPECT. Last week we began looking at a different way to *“build bridges,”* and that is through *forgiveness.* The first place to start was with our relationship with our Creator:

*“Building Bridges of Inner Peace
via Forgiveness of Sins”*

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This morning we look at the emphasis being on the individual:

“Building Bridges of Inner Peace via Forgiveness of Self”

Forgive – To grant pardon for or remission of (an offense, debt, etc.); absolve to give up all claim on account of; remit (a debt, obligation, etc.); to grant pardon to (a person); to cease to feel resentment against:

<http://www.dictionary.com/browse/forgive>

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Old English *forġiefan* "give, grant, allow; remit (a debt), pardon (an offense)," also "give up" and "give in marriage" (past tense *forġeaf*, past participle *forġifen*); **from for-, here probably "completely,"** + *giefan* "give" (see **give** (v.)).

The sense of "to give up desire or power to punish" (late Old English) <http://www.etymonline.com/index.php?term=forgive>

The Challenge of Forgiveness

By Darlene Lancer, JD, MFT

Although forgiveness can mean to pardon, generally, it means to let go of resentment, releasing us from obsessive or recurring negative thoughts. When we forgive our enemies, we relinquish any desire for payback or revenge or hoping that misfortune comes to them.

<http://psychcentral.com/lib/the-challenge-of-forgiveness/> **The Inner Peace of Forgiveness**

Forgiveness is the key to unlock the shackles of a wounded soul bound by memories of hurt, resentment and bitter disappointment – this includes forgiving ourselves.

I. THE CHOICE TO FORGET THE PAST

Phil. 3:13b Brethren, I count not myself to have apprehended: but **this one thing I do, forgetting those things which are behind,**

Original Word: ἐπιλανθάνομαι

Transliteration: epilanthanomai

Short Definition: **I forget**, neglect

Properly, to overlook, especially *the effects* that go with failing to notice, and focuses on *the consequences* that build on the forgetting.

<http://biblehub.com/greek/1950.htm>

The Inner Peace of Forgiveness

A. The Discernment – “...I count not myself to have apprehended...”

B. The Determination – “...but **this one thing I do...**”

C. The Decision – “...**forgetting those things which are behind...**”

Remembering the sin, mistake, and/or heartache from the past, for some, is like an act of punishment that is well deserved.

Isa. 38:17 **Behold, for peace I had great bitterness:** but thou hast in love to my soul *delivered it* from the pit of corruption: for **thou hast cast all my sins behind thy back.**

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Psa. 103:12 **As far as the east is from the west, so far hath he removed our transgressions from us.**

When we truly repent of our sins, God, who cannot lie, promises us that those sins are forgiven AND forgotten.

When God forgives us, there is no need for us to carry the bag of guilt, anger, shame, regrets, bitterness – throw them away and then throw away the bag and carry them no more!

1 Jn. 1:8 If we say that we have no sin, we deceive ourselves, and the truth is not in us.

9 If we confess our sins, **he is faithful and just to forgive us *our* sins, and to cleanse us from all unrighteousness.**

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II. THE CHOICE TO FORGIVE THE PAIN

Phil. 3:13c “...and **reaching forth** unto those things which are before,”

A way to “forgetting” the past is to move forward with our lives.

A. The Focus – “...and **reaching forth...**”

B. The Follow-through – “...unto those **things which are before,**”

To help us forgive ourselves, the Lord motivates us to press on, particularly in our relationship with Christ.

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III. THE CHOICE TO FORESEE THE POTENTIALITY

Phil. 3:14 **I press toward the mark for the prize** of the high calling of God in Christ Jesus.

A. The Effort – “**I press toward the mark...**”

Original Word: διώκω

Transliteration: diókó

Short Definition: I pursue, persecute

Properly, *aggressively* chase, like a *hunter* pursuing a catch (prize). In each case, (*dió̅kō*) means *pursue with all haste* ("chasing" after), *earnestly* desiring to overtake (apprehend).

<http://biblehub.com/greek/1377.htm>

The Inner Peace of Forgiveness

B. The Emphasis – “...**for the prize** of the **high calling of God in Christ Jesus.**”

Instead of being chained to the pains of the past, forgive and forget the past by looking forward to honoring Christ in the future. Pursue the prize of pleasing the Savior!

Heb. 11:6 But **without faith *it is impossible to please him***: for he that cometh to God must believe that he is, and *that* **he is a rewarder of them that diligently seek him.**

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IV. THE CHOICE TO FORBEAR PROVOCATION

Phil. 3:15 Let us therefore, as many as be perfect, **be thus minded**: and if in any thing ye be **otherwise minded, God shall reveal even this unto you.**

16 Nevertheless, whereto we have already attained, let us walk by the same rule, **let us mind the same thing.**

A. The Mindset for Peace – Phil. 3:15 “Let us therefore, as many as be perfect, **be thus minded...**”

Isa. 26:3 Thou wilt keep *him* in **perfect peace, whose mind is stayed on thee**: because he trusteth in thee.

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B. The Method for Peace – “...**let us mind the same thing.**”

Original Word: φρονέω

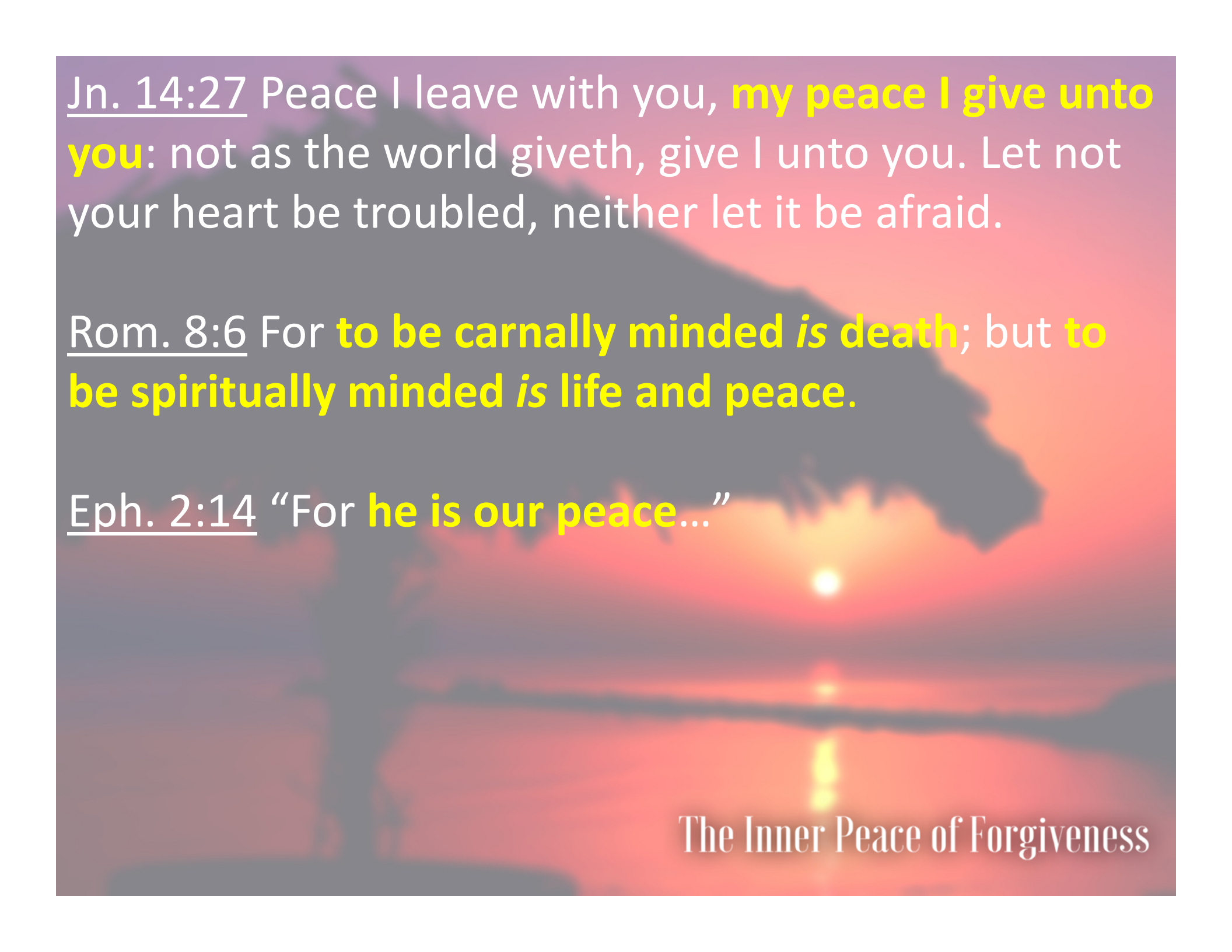
Transliteration: phroneó

Definition: (a) I think, (b) I think, judge, (c) I direct the mind to, seek for, (d) I observe, (e) I care for.

Properly, regulate (moderate) from within, as inner-perspective (*insight*) shows itself in corresponding, outward behavior – (*phronéō*) essentially equates to *personal opinion fleshing itself out in action.*

<http://biblehub.com/greek/5426.htm>

The Inner Peace of Forgiveness

A sunset over a body of water with a tree silhouette in the foreground. The sun is low on the horizon, casting a golden glow across the sky and reflecting on the water. The foreground shows the dark silhouette of a tree against the bright sky.

Jn. 14:27 Peace I leave with you, **my peace I give unto you**: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

Rom. 8:6 For **to be carnally minded is death**; but **to be spiritually minded is life and peace**.

Eph. 2:14 “For **he is our peace...**”

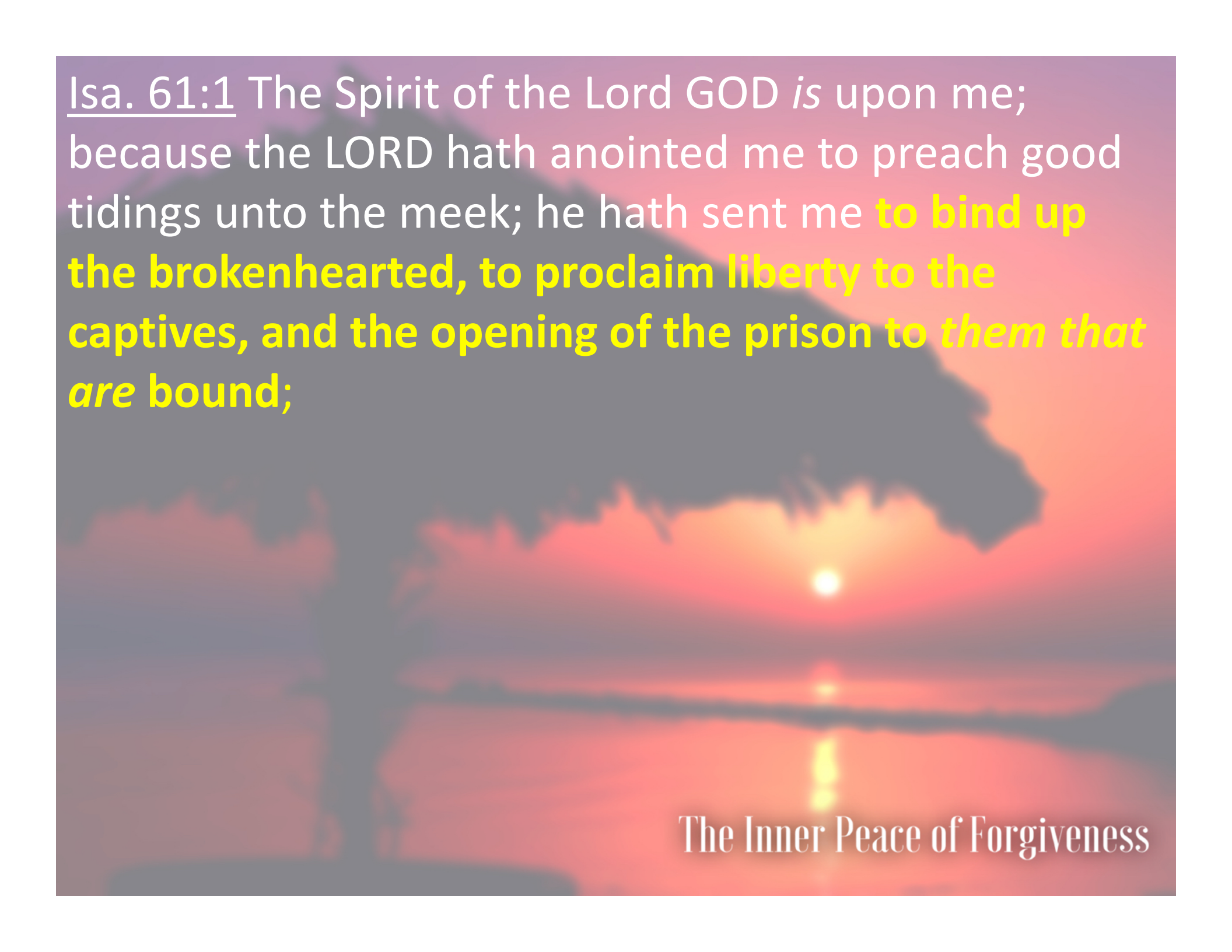
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Conclusion

Phil. 4:7 And **the peace of God**, which passeth all understanding, shall keep your **hearts and minds through Christ Jesus.**

8 Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, **think on these things.**

9 Those things, which ye have both learned, and received, and heard, and seen in me, **do: and the God of peace shall be with you.** The Inner Peace of Forgiveness

A sunset scene with a large tree silhouette in the foreground on the left. The sun is low on the horizon, reflecting on the water. The sky is a mix of orange, red, and purple.

Isa. 61:1 The Spirit of the Lord GOD *is* upon me;
because the LORD hath anointed me to preach good
tidings unto the meek; he hath sent me **to bind up
the brokenhearted, to proclaim liberty to the
captives, and the opening of the prison to *them that
are bound;***

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