

My Family's Best Decisions – Bible Study Lesson

Family is the foundation that God uses to support the structure of your life by helping you adapt to life's ever-changing circumstances.

Colossians 3:12-13 (NLT)

12 Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience.

13 Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

For the last six weeks, we've been in this teaching series entitled Family Builders. We have discussed the importance of honor, the role of children, the importance of fathers, and even the bonuses of a blended family. However, there is something invisible and seldom talked about that can render all our efforts null and void. **UNFORGIVENESS is a roadblock that has the potential to stop everything God has planned for us and our families.** Learning to properly release ourselves and others will cause a wave of God's favor and provision to rush into our lives. With this in mind let's examine: **My Family's Best Decisions.**

Matthew 6:14-15 (NLT)

14 "If you forgive those who sin against you, your heavenly Father will forgive you.

15 But if you refuse to forgive others, your Father will not forgive your sins.

Forgiveness is not a natural thing. It's literally a spiritual concept. So, it challenges your natural mind. This is because it makes no sense that somebody could wrong us and we let them off the hook. It is particularly difficult to forgive people who never apologized. However, Jesus made it clear. If we won't forgive them, He can't forgive us. Remember, **YOU AND I DIDN'T DESERVE IT, AND GOD STILL FORGAVE US.**

- 1. We decided that we want to be forgiven.**

Ephesians 4:31-32 (NLT)

31 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.

32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

The main reason for failure in life is broken focus. Unforgiveness consumes large amounts of our emotional real-estate, with thoughts that cloud our judgment. **The scripture says “forgive, just as Christ has forgiven you.”** There are some mistakes we haven’t made yet. But God has already decided to forgive us. We must understand that forgiveness is a choice not a feeling. **YOU WON’T FEEL LIKE FORGIVING. YOU MAY NEVER FEEL LIKE IT!** The problem with continuing to hold on to whatever “they” did to us then, is that we give so much of our time, energy, and brain power that we miss what God is trying to do for us now.

2. We decided not to allow anything to blur our vision.

James 5:16 (NLT)

16 Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.

Holding on to unforgiveness is like drinking poisoning and waiting on the other person/people to die. Recent scientific research says people who forgive:

- a. Benefit from better immune functioning and lower blood pressure.*
- b. Have better mental health than people who do not forgive.*
- c. feel better physically.*
- d. Have lower amounts of anger and fewer symptoms of anxiety and depression.*
- e. Maintain more satisfying and long-lasting relationships.*

WE CAN LITERALLY KILL OURSELVES IF WE REFUSE TO FORGIVE PEOPLE WHO DON'T EVEN REMEMBER WHY WE'RE SO MAD.

3. We decided not to hold on when others have let go.

Romans 12:19 (NLT)

19 Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, “I will take revenge; I will pay them back,” says the Lord.

Unforgiveness and revenge, put us at odds with God. There are a few things that God won't share. God loves to share with us. It is His pleasure to give us the Kingdom. But, we violate the ways of God, when we take His Glory, His Tithes, or His Vengeance. The main reason we try to get them back, is because we don't trust God to recompense us. Even His way of repaying us is different. **HE WILL LET THEM LIVE LONG ENOUGH TO SEE US BLESSED.**

4. We decided to join the winning team.

Luke 6:27-29 (NLT)

27 "But to you who are willing to listen, I say, love your enemies! Do good to those who hate you.

28 Bless those who curse you. Pray for those who hurt you.

29 If someone slaps you on one cheek, offer the other cheek also. If someone demands your coat, offer your shirt also.

We must decide not to allow our families to stay in bondage, when the doors are open. Forgiveness allows us to move on. Contrary to popular belief, time does not heal. If time heals, God is unnecessary. **When we don't forgive, everybody moves on, except us.** Forgive and allow your family to live in freedom.

5. We decided to live free.

Unforgiveness is a roadblock that has the potential to stop everything God has planned for us and our families. Learning to properly release ourselves and others will cause a wave of God's favor and provision to rush into our lives. Modeling and teaching our families to forgive will be one of **My Family's Best Decisions.**