

am i the only one that can't let it go?

November 9, 2025



"He heals the brokenhearted and bandages their wounds."

Psalms 147:3 (NLT)

the fight within forgiveness

1. Something in me _____,

Psalms 38:17-18 (MSG) – "I'm on the edge of losing it - the pain in my gut keeps burning. I'm ready to tell my story of failure."

Luke 4:18 (NLT) – "The Spirit of the LORD is upon me, for he has anointed me to bring Good News to the poor. He has sent me to proclaim that captives will be released, that the blind will see, that the oppressed will be set free."

Matthew 11:28-29 (NLT) – "Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.""

2. I still feel someone _____ (even if it's _____).

John 8:4-9 (NLT) "Teacher," they said to Jesus, "this woman was caught in the act of adultery. The law of Moses says to stone her. What do you say?" They were trying to trap him into saying something they could use against him, but Jesus stooped down and wrote in the dust with his finger. They kept demanding an answer, so he stood up again and said, "All right, but let the one who has never sinned throw the first stone!" Then he stooped down again and wrote in the dust. When the accusers heard this, they slipped away one by one, beginning with the oldest, until only Jesus was left in the middle of the crowd with the woman. Then Jesus stood up again and said to the woman, "Where are your accusers? Didn't even one of them condemn you?" "No, Lord," she said. And Jesus said, "Neither do I. Go and sin no more."

Psalms 103:10-12 (NLT) – "He does not punish us for all our sins; he does not deal harshly with us, as we deserve. For his unfailing love toward those who fear him is as great as the height of the heavens above the earth. He has removed our sins as far from us as the east is from the west."

Romans 12:19 (NLT) – "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."

NOTES:

3. Forgiveness isn't letting go of _____.

It's letting go of the _____.

Psalms 103:6 (NLT) – "The LORD gives righteousness and justice to all who are treated unfairly."

Ecclesiastes 3:16-17 (GNT) – "I have also noticed that in this world you find wickedness where justice and right ought to be. I told myself, "God is going to judge the righteous and the evil alike, because every thing, every action, will happen at its own set time.""

1 Peter 2:23 (NLT) – "He did not retaliate when he was insulted, nor threaten revenge when he suffered. He left his case in the hands of God, who always judges fairly."

Isaiah 30:18 (GNT) – "And yet the LORD is waiting to be merciful to you. He is ready to take pity on you because he always does what is right."

Revelation 21:4 (TLB) – "He will wipe away all tears from their eyes, and there shall be no more death, nor sorrow, nor crying, nor pain. All of that has gone forever."

Micah 6:8 (NLT) – "O people, the LORD has told you what is good, and this is what he requires of you: to do what is right, to love mercy, and to walk humbly with your God."

"I say, love your enemies! Pray for those who persecute you! In that way, you will be acting as true children of your Father in heaven. For he gives his sunlight to both the evil and the good, and he sends rain on the just and the unjust alike."

Matthew 5:44-45 (NLT)

NOTES: