

Our Father – How to Pray Like Jesus

Forgive Them

Matthew 6:12b, Psalm 109

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Review: Repentant vs. Defensive Heart

- HONESTY “Here’s specifically what I did wrong.” VS. DIVERSION “But look at what I did right”
- OWNERSHIP: “Here’s how I contributed to the conflict.” VS. DISTRACTION “But look at what was done to me!”
- ADMISSION: “It was a big deal.” VS. DOWNPLAYING: “It wasn’t that big of a deal.”

Mt. 6:14-15, 14 “For if you forgive others their offenses, your heavenly Father will forgive you as well. 15 But if you don’t forgive others, your Father will not forgive your offenses.”

No one deserves forgiveness. But forgiveness is necessary for a relationship to survive.

We should pray our anger so that we don’t give into our anger: **Ephesians 4:26-27 CSB, Be angry and do not sin. Don’t let the sun go down on your anger, [27] and don’t give the devil an opportunity.**

Psalm 109:1-5 CSB - God of my praise, do not be silent. 2 For wicked and deceitful mouths open against me; they speak against me with lying tongues. 3 They surround me with hateful words and attack me without cause. 4 In return for my love they accuse me, but I continue to pray. 5 They repay me evil for good, and hatred for my love.

Godly people have a PASSION for JUSTICE. Godly people RELEASE JUSTICE to God.

Psalm 109 teaches us that:

1. God hears the angry, because He hate injustice.
2. God isn’t powerless to accomplish justice.
3. God’s vision for justice is satisfactory.

God can be trusted with our ANGER. Do you believe that?

ANGER is POWERLESSNESS. If God CANNOT be trusted with justice, then we are left in a powerless state.

We are left face to face with our anger:

- DEFENDING ourselves so that others will know what they’ve done.
- CONTROLLING people so that they don’t hurt us.
- REPRESSING our anger down until we can’t do that anymore.

Psalm 109:26, Help me Lord my God; save me according to your faithful love.

God saves us from anger through the GOSPEL:

- We are forgiven because of the CROSS.
- We can forgive because of the RESURRECTION

Prayer of the Open Hand - As you seek to forgive, you pray, “Lord, I release justice from my hand into yours.”

- IMMEDIATE - This doesn’t wait. The goal is not to get an apology from someone. The goal is to be freed from resentments.
- ONGOING - Anytime you feel ANGER (Resentment/Bitterness). It’s not a magical one-time deal. We carry wounds. Jesus carries scars. His scars were demonstrating the healing of resurrection... and until that time, we may still have ongoing hurt. So when you feel the hurt, pray the forgiveness.
- WISE - Doesn’t necessarily equate trust. Doesn’t necessarily move back into a relationship where abuse can happen again. Restoration of a relationship needs REPENTANCE not an apology.
- SILENT – Don’t tell someone you’ve forgiven them. That’s an act of justice not grace.

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Series: Our Father

Title: "Forgive Them"

Primary Passage: Mt. 6:12

Secondary Passage: Psalm 109

Big Question: Why should we pray when we're angry?

Big Idea: When we pray our anger, we are freed from the burden of justice which allows us to experience the freedom of forgiveness.

Keywords: Enemies, Anger, Forgiveness, Justice, Release, Healing, Open Hand.

GOING DEEPER – Life Application Questions

Where did you see Christ working around you? How did it increase your hope?

What makes you angry? How do you deal with anger? How has anger affected your life and relationships? What makes forgiveness difficult for you?

Read Psalm 109. What stands out to you about this passage? What was the sin done to him? What does David's prayer reveal about what he believes about God? What does it tell us about praying our anger?

What does the gospel tell us about dealing with injustice and learning to forgive?

Do you have to forgive someone this week? Spend some time praying through the hurt, confessing belief in God's justice and care.

Do you have to ask for someone's forgiveness this week? Spend some time praying for a truly repentant heart in order to experience the restoration of the relationship.