

## How Unforgiveness Hurts You

(<https://www.harvest.org/devotions-and-blogs/daily-devotions/2018-01-11>)

*Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.—Ephesians 4:32*

If you're someone who holds grudges, if you keep score and can't let things go, then you need to know something: You will suffer in life. You also will see your prayer life come to a screeching halt.

Forgiveness is the key to all healthy, strong, and lasting relationships. That's why we must realize how important it is to forgive. Jesus said, "So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God" (Matthew 5:23–24).

Maybe you've decided that you won't forgive someone who has wronged you. Guess who will be the one to get hurt? You will. Harboring resentment and unforgiveness will hurt you more than the person you're refusing to forgive. If you want to be healthy and vibrant spiritually, then you must learn to forgive.

Jesus taught us to pray, "Forgive us our sins, as we have forgiven those who sin against us" (Matthew 6:12).

You may think they don't deserve forgiveness. But do you? Do I? No, we don't. Our forgiveness doesn't hinge on forgiving others, but forgiving others should hinge on God's gracious and generous forgiveness toward us.

The forgiveness that comes to us from Christ is based on His merit and on His death and His love for us. If we know anything about what Christ has done for us, then we should forgive others.

The Bible says, "Be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you" (Ephesians 4:32).

Forgiven people should be forgiving people. And if you want to be healthy and vibrant spiritually, then you must learn to forgive.

## News and Notes

- There will be a memorial service for Jan Wakeley on Saturday, January 20, at 11:00 here at the building. The church will be hosting a dinner for the family. Please bring a side dish and/or a dessert. See Shannon with any questions.
- A 2018 calendar of events is available on the back table.
- We will have a family picture day Sunday, March 11. These pictures are for the new directory. Receive a *free* 8x10 portrait, a printed directory, and a mobile directory just for having your picture taken.
- We will have a family fun night on the 3<sup>rd</sup> Saturday of every month. This will be games, movies, ice cream... If you have an idea for a game night please let Shannon know.
- If you have a prayer request you would like added please fill out the prayer request card in the pocket of the seat in front of you or email [prayer@scottsbluffchurchofchrist.org](mailto:prayer@scottsbluffchurchofchrist.org).

## Birthdays

Geri Fleenor	01/09	Wanda Middleswart	01/12
	Jose Salazar		01/20

If you birthday has been inadvertently left off this list please let Shannon know.

## Those Serving

### 1/14/2018

Opening Prayer	Jeremy	Table: West	Shane
Song Leader	Chris	Center	Jay
Scripture Reader	Shane	East	Gary
Closing Prayer	Shane	Preacher:	Joe
Devotion:	Prayer	Song Leader:	Shane

### Announcements: Chris

### 1/21/2018

Opening Prayer	Gary	Table: West	Gary
Song Leader	Tom	Center	Chris
Scripture Reader	Jeremy	East	Jay
Closing Prayer	Chris	Preacher:	Joe
Devotion:	Tom	Song Leader:	Tim

### Announcements: Tom