

Sermon Notes

Title: “Detox for Christians”

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Sermon Text: Genesis 45:1-15

Key Verse: “But God sent me ahead of you to preserve for you a remnant on earth and to save your lives by a great deliverance.” (Gen. 45:7)

Big Idea: Joseph could have chosen anger, bitterness, resentment and revenge. But he took the better way.

What to know (*about forgiveness*):

- Forgiveness is a choice we make.
- With God, forgiveness is made possible.
- Forgiveness is NOT forgetting, excusing, denying or minimizing the hurt.
- Forgiveness is NOT justifying the perpetrator’s actions or blaming the victim.
- While divine forgiveness is immediate, human forgiveness can take years.
- Forgiveness is freeing . . . it’s like detox for the soul.

What to do (*steps toward forgiveness*):

- Choose to break the cycle of old patterns.
- Let go of anger, bitterness, resentment and revenge.
- Take hold of God’s peace that passes understanding.

- Look at the big picture. Remember, help is near.
- Sometimes we must ask God to do the forgiving.

Questions:

Whom do you need to forgive?

What burden of anger or resentment are you feeding? How long have you nurtured it, even cherished it?

Maybe it's time to let that anger go — for, very likely, it's causing you more pain and anguish than anyone else.

Remember the conclusion of the famous prayer of St. Francis of Assisi:
“For it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.”