

<p><u>Harvest Baptist Temple</u> 1022 S. Main St. Clyde, Ohio 43410 (419) 547-8251 www.considerharvest.com</p>	<p>Sunday Morning Bible Study 9:00 AM Sunday Morning Service 10:00 AM Sunday Evening Service 6:00 pm Wednesday Evening Service 7:00 PM</p>	<p><u>CleanAir Radio Network</u> P. O. Box 273 Clyde, Ohio 43410 1-877-444-4046 www.cleanair.fm</p>	<p><u>WHVT</u> 90.5 FM In Clyde, Ohio 94.1 FM In Findlay, Ohio <u>WHVY</u> 89.5 FM In Coshocton, Ohio</p>
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Overcoming The Hurdles Of Life Victory Over Unforgiveness

Ephesians 4:26-32

Pastor James Lewis

Hurdle – a barrier that competitors leap over in certain races; an obstacle that you are expected to overcome. To hurdle – the act of jumping over an obstacle.

- I. Sometimes, we choose to ignore or deny our hurts, hiding them deep within our souls.
(Ephesians 4:32)
 1. FORGIVENESS: giving up resentment towards someone and surrendering one's right to retaliate.
 2. UNFORGIVENESS: A deliberate willful refusal to give up resentment or an insistence that someone pay for a wrong that was committed.

- II. The nature of unforgiveness.
(Hebrews 12:15; Matthew 11:28; 6:15)

- III. The consequences of unforgiveness.
(Matthew 18:21-22; Hebrews 12:15)

- IV. Dealing with unforgiveness.

- V. How can we know that we've truly forgiven others?
(John 8:36; Galatians 5:22-23)