

- **Matthew 6:12** “And forgive us our debts, as we also have forgiven our debtors.” In this verse, Jesus reveals that forgiveness should be part of a believer’s lifestyle. Forgiveness is a particularly hard commandment to obey when suffering mood disorders, because the offenses are often times, partially, beyond the control of the sufferer. It is easy for both, the care giver and the care receiver, to escalate offenses in anger. Fortunately, on the other hand, both the care giver or care receiver have equal opportunity to initiate the healing process of forgiveness.

**Q1. Can you think of an incident, driven by a mood disorder that put you in a position of needing to ask for forgiveness?**

- **Matthew 18:21-22** “Then Peter came and said to Him, ‘Lord, how often shall my brother sin against me and I forgive him? Up to seven times?’ Jesus said to him, ‘I do not say to you, up to seven times, but up to seventy times seven.’” Jesus indicates to us in these Bible verses, that we should always forgive. The opportunities to forgive in the context of mood disorders will be many, and often involving extreme intensity.

**Q2. What mood-disorder driven offenses have you forgiven (anger, jealousy, suicidal thoughts, spending binges, revenge)?**

- **Matthew 6:14-15** “For if you forgive others for their transgressions, your heavenly Father will also forgive you. But if you do not forgive others, then your Father will not forgive your transgressions.” We must not forget this warning. If we do not forgive those who transgress against us (including transgressions caused by mood disorders), then we will not be forgiven by God.

**Q3. Can you think of an offense against you that you did not want to forgive?**

- **Matthew 18:23-35** “For this reason the kingdom of heaven may be compared to a king who wished to settle accounts with his slaves. When he had begun to settle *them*, one who owed him ten thousand talents was brought to him. But since he did not have *the means* to repay, his lord commanded him to be sold, along with his wife and children and all that he had, and repayment to be made. So the slave fell *to the ground* and prostrated himself before him, saying, ‘Have patience with me and I will repay you everything.’ And the lord of that slave felt

compassion and released him and forgave him the debt. But that slave went out and found one of his fellow slaves who owed him a hundred denarii; and he seized him and *began* to choke *him*, saying, ‘Pay back what you owe.’ So his fellow slave fell *to the ground* and *began* to plead with him, saying, ‘Have patience with me and I will repay you.’ But he was unwilling and went and threw him in prison until he should pay back what was owed. So when his fellow slaves saw what had happened, they were deeply grieved and came and reported to their lord all that had happened. Then summoning him, his lord said to him, ‘You wicked slave, I forgave you all that debt because you pleaded with me. Should you not also have had mercy on your fellow slave, in the same way that I had mercy on you?’ And his lord, moved with anger, handed him over to the torturers until he should repay all that was owed him. My heavenly Father will also do the same to you, if each of you does not forgive his brother from your heart.” Compared with God’s forgiving our sins, the offenses against us we should forgive seem rather trivial.

**Q4. How is God’s forgiving our sins greater than our forgiving each other’s offenses?**

- **Matthew 26:27-28** “And when He had taken a cup and given thanks, He gave *it* to them, saying, ‘Drink from it, all of you; for this is My blood of the covenant, which is poured out for many for forgiveness of sins.’” The price that Jesus paid for the forgiveness of our sins was his blood. If Jesus was willing to pay for our sins by shedding his blood to death, shouldn’t we then be willing to forgive each other?

**Q5. Is Christ’s forgiving our offenses a motivation to forgive offenses against us?**

- **Ephesians 4:32** “Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.”

**Q6. Is it good to forgive mood-disorder related offenses, even if it is a command to forgive?**

## Prayer Requests

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## Mood Disorder Share & Prayer Support Group

**Forgiveness**

**Our mission** – Glorify God by serving those who suffer from a mood disorder and those who care for them

Ephesians 4:32

“Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you”

A ministry of Grace Baptist Church, Bowie MD  
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