

GRO-HI

God's Return on His Investment

Session 11

Jan 14, 2026



Expect a return

Actions and behaviors

Engage in worship and prayer: Spending time with God through prayer and worship is central.

Serve others: This can include your work, relationships, and being ready to help others.

Mark 10:45

Live with gratitude: A thankful attitude is encouraged over a complaining one.

Psalms 103:1-5

Practice forgiveness: Forgiving others is a key part of living out God's will.

Ephesians 4:32 Matthew 6:14,15



Matthew 6:14,15 Explained

From Jesus' words, it may sound like God refuses to forgive us until we forgive those who have most deeply harmed us. **But is Jesus saying that?** Is he suggesting that God remains unforgiving in some cases?

The short answer is no. And a more careful examination of Jesus word in context, will help us discover the longer answer – that **approaching relationships with an unforgiving posture suggests we have not yet opened ourselves up to receive and experience God's forgiveness.**

Thoughts about forgiveness

Forgiveness is a conscious decision to **release resentment and negative feelings towards someone who harmed you**, shifting focus from past hurt to present peace, not condoning the offense, forgetting, or necessarily reconciling

Unforgiveness is a **prison you build**. God forgives freely, but he invites us to mirror it. It's not optional it's evidence of grace received.

If you have asked God for forgiveness, **in turn, or likewise**, you should be forgiving.

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Understanding the difficulty of forgiving should offer a greater appreciation for the forgiveness of God.

What Forgiveness Is & Isn't

- Is:** A deliberate choice to let go of bitterness, an internal process for self-peace, a way to regain power over your emotions, and a path to healing.
- Isn't:** Forgetting the offense, excusing the behavior, reconciling with the person, or giving up your right to accountability.

The benefits of forgiveness

- **It pleases God:** Forgiveness is God's return on His investment of forgiveness.
- **It's a process of emotional healing:** Forgiveness reduces anger, stress, and improves mental health by freeing you from the grip of the injustice.
- **Reduces Negative Emotions:** Less anger, stress, anxiety, and depression.
- **Improves Well-being:** Elevates mood, enhances optimism, and fosters inner peace.
- **Promotes Healing:** Helps you move past trauma without being defined by it.

Why God desires this

For our good:

God wants us to experience His blessings and live a fulfilling life, which is found through Him and not through worldly possessions.

To reveal Himself:

By living out His will, we can be a testimony of His love and grace to the world.

To fulfill our purpose:

God desires for us to fulfill our potential and live up to the image of God within us.

What is God expecting in return for the **life** He gave us?

Repentance

God's desire is for everyone to be saved and to repent. It is presented as the reason why the return of Jesus is delayed; God's patience provides more time for people to turn to him.

2 Peter 3:9 NLT