



# Marriage minute

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A marriage ministry of St. Andrew Lutheran Church

## Sin and Forgiveness

### Romans 6

This is one of the daily stories of the Christian life. Sin-confession-forgiveness. In order to grow and strengthen your marriage each individual has to acknowledge their sinfulness. How does one do that? It starts with a word of regret and a word of confession. I'm sorry. It was my fault. I have no excuse. Note here there are no additions: But you, if only you didn't, but I just don't understand how you could. Your sin is your sin. Own it, confess it and don't make excuses for it. Remember sin does not rule over us anymore as Christ followers. Romans 6: 2b states: *We died to sin; how can we live in it any longer?* Also Romans 6:6-7 states: *For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin-because anyone who has died has been freed from sin.* Sin does not rule over you and through the power of the Holy Spirit you can choose to do the right thing when faced with temptations!

So what is forgiveness: It is the decision to release a person from the obligation that resulted when they injured you. Forgiveness is: You don't owe me, I'm not trying to get even,

I'm not seeking revenge, I'm not focused on your failure, but by God's grace I am moving forward from what has happened. Forgiveness doesn't absolve anyone of blame. It doesn't clear their record with God. You are just turning them over to God, who can be counted on to deal with them in His way. Romans 12:19 states: *Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," say the Lord.*

There is much more that could be said on this topic but I will leave it at this, great marriages are not created by people who never hurt each other, rather by people who acknowledge their sinfulness, confess it, seek to change, and use Christ's life as an example for their own life.

Thoughts to reflect upon:

1. What are the rationalizations we use for choosing not to forgive?
2. What are some damaging emotions associated with unforgiveness?
3. What does the Word of God say about forgiveness? (Ephesians 4:25-32, Matthew 6:12-15, Mark 11:25-26). Including forgiveness how should we treat those who have sinned against us? (Romans 12:-21)



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