



FORGIVENESS IS FREEDOM

UNOFFENDABLE | WEEK 1
BRANT HANSEN

Key Points

- The Bible does not support “righteous anger” for humans; only God’s anger is righteous.
- Ephesians 4:26 instructs believers to stop being angry by the end of the day, not to hold onto anger.
- James 1:20 explicitly states “the anger of man does not produce the righteousness of God”.
- Sustained anger causes serious physical harm including heart disease, premature aging, and weight gain through elevated cortisol.
- Forgiveness is not dependent on whether someone deserves it or apologizes; we forgive because we were forgiven.
- Practicing forgiveness daily, even forgiving people in advance, transforms it from a difficult discipline into a natural response.
- Injustice can be addressed more effectively without anger—clear-minded action is superior to angry reaction.
- Praying blessings over those who wrong us changes our own hearts and brings freedom.
- Jesus’ way of forgiveness is described as “lighter” and “easier” than living with sustained anger.



Practical Tips

- Be intentional at the beginning of the day. “I’m not going to be shocked by people doing the same stuff.”
- Ask God to help you forgive in ADVANCE.
- Constantly remind yourself of the limits of your own knowledge.
- Question your anger: What’s really going on?
- Respond verbally with gentleness.
- Pray for the people with whom you are angry.
 - Pray for them to have peace. Also, you could do something kind for them.
 - Pray God would have mercy on them
 - Pray that their remaining lives are surrounded by believers who love them.
 - Pray God would heal your anger toward them.
 - Pray that they would encounter people who truly know God.
 - Pray that their remaining lives are full of the knowledge of God. Picture it. Pray for it.

Scripture References

Ephesians 4:26
Ephesians 4:31
Ecclesiastes 7:9
Proverbs 12:18
James 1:20

1 Corinthians 4:3-4
Proverbs 15:1
Matthew 6:25-34
John 13:36-38; 14:1
John 14:2-3

Discussion Questions

1. Brant argues that the Bible does not support righteous anger for humans, only for God. How does this challenge your understanding of when anger is justified, and what implications does this have for how Christians should respond to injustice?
2. Can you think of a time when anger led you to make a decision you later regretted, and how might forgiveness have led to a better outcome?
3. Why do you think Christians often memorize only the first half of Ephesians 4:26, and what changes when we take the full verse seriously?

