



Processing the Issues of Your Heart

Participant Guide

Part 6: Release

"Let God handle it!"

"Release the offense, hurt, or loss to the Lord!"

Many times we hear people say, "I have forgiven!", but they realize they have never actually released the person who offended them and/or the circumstances back to the Lord. In holding on, they don't realize they are still trying to control. So, in this part, you are now ready to fully release this person, situation and effects to the Lord. It is time to get your heart back.

Release the person (the one you have forgiven) to the Lord. This painful situation is no longer yours. Let God handle the situation and/or the person(s) involved.

Release is getting the space in your heart back that was once leased out to pain. Take this person or painful circumstance off your hook, and place the person on God's hook. It's now His to deal with. Be willing to pray for the person.

Be forgiven. Be forgiving. Be free to be the person you were created to be!

Forgiven, Forgiving and Free!

Start by praying through the scriptures and asking the Lord to reveal to you anything He wants you to know. What do the scriptures say to you?

"Cast your cares on the LORD and He will sustain you; He will never let the righteous fall. But you, O God, will bring down the wicked into the pit of corruption; bloodthirsty and deceitful men will not live out half their days. But as for me, I trust in You."

" Psalm 55:22-23 (NIV)

"Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited. Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. It if is possible, as far as it depends on you, live at peace with everyone. 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,' says the Lord. On the contrary: 'If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head.' Do not be overcome by evil, but overcome evil with good." Romans 12:16-21 (NIV)

"...and while being reviled, He did not revile in return; while suffering, He uttered no threats, but kept entrusting Himself to Him who judges righteously." I Peter 2:23 (NASB)

What do these verses mean to you?

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"Release the offense, hurt, or loss to the Lord!"

A. Entrust the person and/or the situation to the Lord.

Write in the form of a prayer, who or what you are now entrusting to the Lord.

B. Bless and pray for the person who has offended or hurt you.

"Jesus said, 'Father, forgive them, for they do not know what they are doing...'" Luke 23:24 (NIV)

"But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you..." Matthew 5:44 (NKJV)

You may want to include forgiving any future offenses or hurts with this person or anyone else related to this relationship, hurt or loss.

C. "Lord, will You please help me to take my thoughts captive to obey You?"

From this point going forward, you are choosing to renew your mind—actively living out the new revelations and insights God has given you through forgiveness.

Romans 12:2

Express to the Lord in prayer your desire to actively live out the truth God has shown you in your process.

"We are destroying speculations and every lofty thing raised against the knowledge of God, and we are taking every thought captive to the obedience of Christ." 2 Corinthians 10:5 (NASB) 1995

"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect." Romans 12:2 (NASB)

For closure purposes, we want to encourage you to take your thoughts captive to obey the Lord. What this means is: the enemy will try to re-infect your heart. This is where you will need to remember that you have chosen to forgive the person who offended you! You are not going to listen to the lies of the enemy. He will try to remind you again of all the hurt you once experienced. You have forgiven! Stand, and hold fast to your decision! Resist the enemy to take up an offense again, and praise God for the victory He has given you through forgiveness!

"May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer." Psalm 19:14 (NIV)