

# Free To Forgive



**“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”**

**Ephesians 4:32 (NIV)**

**Part 1: Becoming Relationally Free  
Session 4: Free To Forgive**

**Freedom**  
*Becoming Fully Alive!*



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# Freedom

*Becoming Fully Alive!*

## *PART 1: Becoming Relationally Free*

- |                  |                                     |
|------------------|-------------------------------------|
| <b>Session 1</b> | <b>Free To Be The Real You</b>      |
| <b>Session 2</b> | <b>Free From The Real Problem</b>   |
| <b>Session 3</b> | <b>The Price Of Freedom</b>         |
| <b>Session 4</b> | <b>Free To Forgive</b>              |
| <b>Session 5</b> | <b>Free To Reconcile</b>            |
| <b>Session 6</b> | <b>Free To Confront</b>             |
| <b>Session 7</b> | <b>Free To Love And To Be Loved</b> |



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# I. FREE TO FORGIVE

## A. WHAT IS THE REAL ISSUE?

Issues + Beliefs + Attitudes + Desires + Decisions = **Relationship**

See: “**The Real Issue**” diagram

Which side of this “equation” do you need to begin to solve first?

Answer: **Relationship!**

1. First - Relationship with Jesus Christ
2. Followed by - Relationship with others
3. Followed by - Other side of the equation, i.e., issues, beliefs, etc.

## B. RELATIONSHIP WITH OTHERS

The “**issues of your heart**” with others have a direct bearing on your **relationship** with Jesus Christ.

1. Matthew 6:14-15
2. Mark 11:25-26

What better reason to resolve these “issues of your heart”!

## C. WHAT CAUSES CONFLICT IN RELATIONSHIPS?

### 1. **Pride**

Proverbs 13:10

James 4:1-10

### 2. **Jealousy** (i.e., others receiving attention, acceptance, or approval)

I Samuel 18:6-9 (King Saul)

### 3. **Wrong Desires, Words and Actions**—the lust of the flesh, the lust of the eyes and the pride of life

- a. James 4:1-10
- b. I John 2:16
- c. James 3:13-16
- d. Colossians 3:5-10

#### D. WHAT DOES IT MEAN TO FORGIVE?

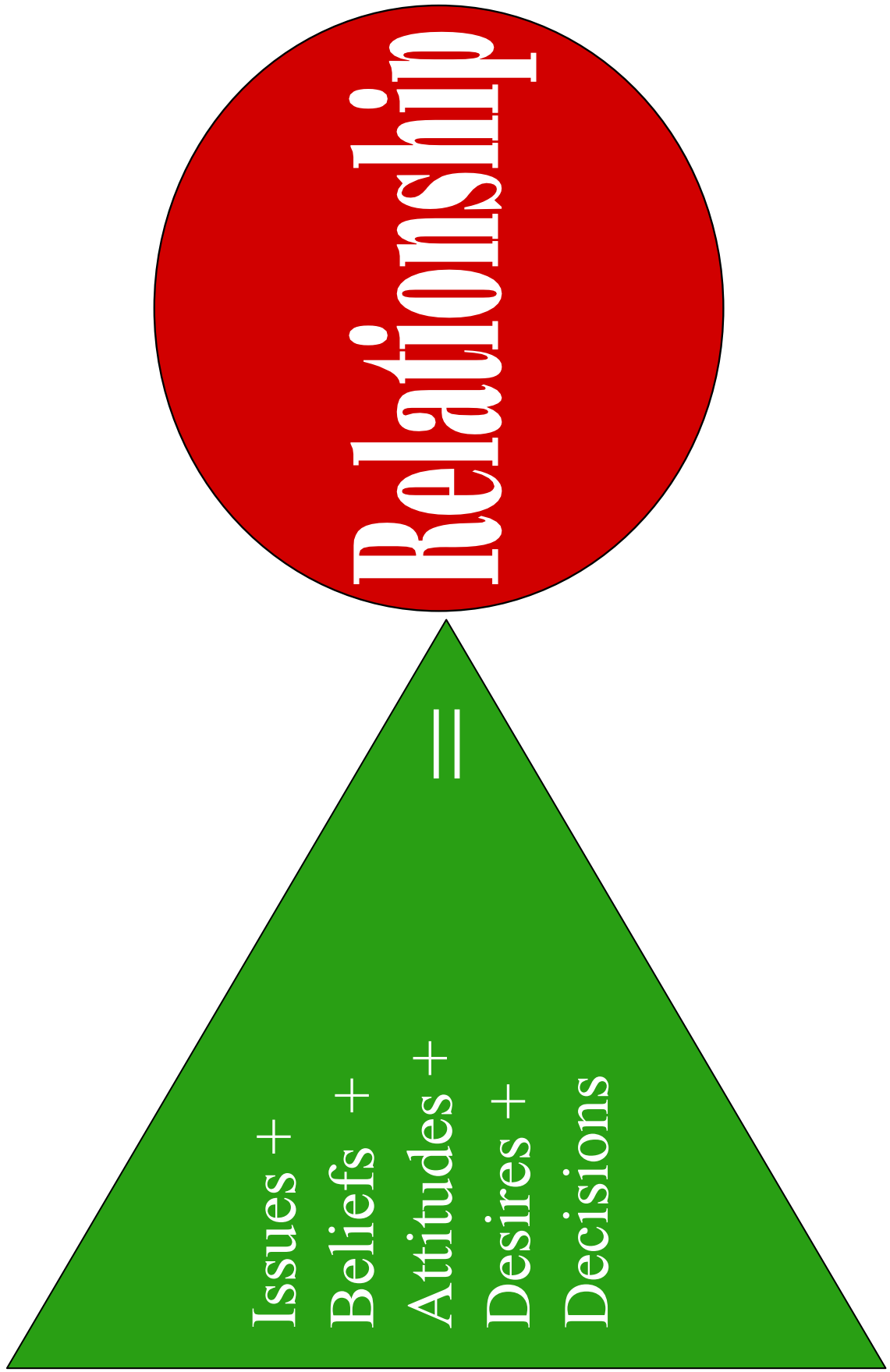
1. First of all, **what is unforgiveness?** - “Pay back what **you owe me.**”  
Matthew 18:21-35
2. What then is **forgiveness?** - “The servant’s master...**canceled the debt and let him go.**”
3. How to forgive:
  - a. Clearly describe to yourself, in writing, the actual offense(s) committed against you and how you believe you have been affected.
  - b. Humble yourself before God. I Peter 5:5-6. Confess your sin of unforgiveness to God, plus any other sins you have committed (in thought, word, or deed) in connection with your response to the offense.
  - c. Recognize the offense as a **debt owed** to you that you are **now choosing to cancel** (Luke 7:41-43), and that Christ, the “Debt Payer” and God the Father, the “Forgiver” live in you by the Holy Spirit to supply the grace to forgive and to take the burden and the hurt of the offense from you.
    - 1) Matthew 18:21-35
    - 2) Psalm 55:22
    - 3) I Peter 5:5-7
    - 4) Philippians 2:13
    - 5) Philippians 4:13
  - d. Commit the “offender” and the situation to the Lord.
    - 1) Romans 12:16-21
    - 2) Proverbs 24:17-18
  - e. Realize that **forgiveness is not a feeling** but a decision. If the temptation to take up an offense ever comes again, go back to the **FACT** of your **decision to forgive.**

See: “**Processing The Issues Of Your Heart**”

## II. APPLICATION

Write out your responses to the six parts of **“Processing The Issues Of Your Heart,”** to help you in forgiving another person, fully and completely.

The Real Issue



**It's NEVER  
TOO LATE**

**for a  
FRESH START!**



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## How To Process The Issues Of Your Heart:

*"Above all else, guard your heart, for it is the wellspring of life." Proverbs 4:23 (NIV B4)*

### 1 Who has offended or hurt you? Or, Who or what have you lost?

Psalms 26:2 "Test me, O Lord, and try me, examine my heart and my mind..." (NIV)  
• Choose one person or loss to process.

### 2 How have you been affected?

Psalms 139:23 "Search me, O God, and know my heart; test me and know my anxious thoughts." (NIV)  
• Describe your thoughts • Describe your feelings

### 3 How have you responded?

Psalms 139:24 "See if there is any offensive way in me, and lead me in the way everlasting." (NIV)  
What have you said? • What have you done? • What have you decided?

### 4 Pour out your heart to the Lord

Psalms 62:8 "Trust in him at all times, O people; pour out your hearts to him, for God is our refuge." (NIV)

Psalms 142:1-2 "...I pour out my complaint before him..."

• Tell God all about it

1 Thessalonians 5:18 • Ephesians 5:20 • Psalm 50:14-15,23 • Romans 8:28-29

• Give Thanks and submit to His sovereignty

### 5 Forgive

Matthew 18:21-35

• Forgive the person who hurt or offended you • Repent and receive God's forgiveness for your response.  
CANCEL THE DEBT! FORGIVE as you have been FORGIVEN.

### 6 Release

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

Matthew 5:44 "...love your enemies...bless those who curse you... pray for those who spitefully use you and persecute you," (NKJV)  
Release the person (the one you have forgiven) to the Lord, and be willing to pray for him/her.

***YOU can be FREE to be the person you were created to be!***