



Processing the Issues of Your Heart

Participant Guide

The Ultimate Fresh Start: You Can Be Forgiven

We are so glad you are here!

It takes courage to continue to step forward into the necessary, but unknown parts of your story and journey. Up until this point in your life, you may have held back parts or all of your heart from fully surrendering to God. So, we want to extend an invitation to you. You can be forgiven!

We invite you to follow along in prayer in one of these ways:

- Follow the prayer prompt in the back of the "Processing the Issues of Your Heart Booklet."
- Follow along with the prayer in the "Ultimate Fresh Start Video."
- Read the, "You Can Be Forgiven," prayer on the website, app, or attached here.

You may have your own words and that is okay. As you follow these prompts in faith, trust Jesus to do the work only He can do, redeeming and cleansing your heart and making you His son or daughter.

We are excited about all that God is doing in you and are trusting the Holy Spirit to bear witness to your spirit that you are now in the family of God. And, as you have been forgiven, now you can forgive, because the Forgiver has moved inside you by His Spirit!

For more information, please stay connected with us:

freshstartforallnations.org

You Can Be Forgiven

(Sample Prayer from Fresh Start For All Nations)

"Lord Jesus, I desire to experience the ultimate Fresh Start and to be truly brought into Your family as Your son/daughter.

I confess and acknowledge that until this time, I have lived a "me first" life.

I confess pride, jealousy, envy, judging others, and (fill in the blank with other wrong attitudes).

Will you please forgive me for my wrong thoughts, words, and actions? (be specific here).

Lord, I am choosing to repent, to turn from my "me first" life, my own sinful ways, to Your way. I want to obey and follow You. Please forgive me for each and every one of the sins I am now naming (fill in the blank with the sins you are confessing....)

I now choose to yield totally to You as my Lord, knowing You can make any changes in my life that You consider best for me. I put my trust in You and You alone!

Thank You for forgiving and saving me! Thank You for moving inside me by Your Spirit. I can now forgive others as You have forgiven me.

I pray all of these things in the mighty name of the Lord Jesus Christ. Amen!"