



Processing the Issues of Your Heart

Participant Guide

Part 5: Forgive

"Forgive the one who has offended or hurt you."

"Cancel the debt."

Start by praying through the scripture, *The Parable of the Unforgiving Servant*. Ask the Lord to reveal to you anything He wants you to know. What does the scripture say to you?

A. Take responsibility for your sinful responses.

"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." 1 John 1:9 (NKJV)

- **"Lord, would You please forgive me for my sinful actions and attitudes..."**

Write out the ways in which you have been unforgiving or any other wrong attitudes as it relates to your process. This is where you take responsibility for your part in this situation and ask the Lord for forgiveness. Be totally honest here. There is no shame in surrendering all to the Lord. I was tempted to not share all I had done, especially how I had responded to personal relationships, but I decided to humble myself and risk people's judgment, knowing God was calling me to be transparent. Be specific and thorough for the sake of being obedient and getting free! It will be worth it.

- **"Lord, would You please forgive me for my judgments and vows..."**

If you gather with your group or even another trusted leader online or in person, this is the process you will use to break unholy decisions/judgments/vows/agreements you have made.

Go back to Part 3C. This is where you listed your judgments/vows/agreements.

Now, it is time to break/renounce each of these unholy decisions in the name of Jesus.

The format will be like this, "Repent, Renounce, Replace:"

Repent (Acts 26:20b, NKJV):

Example: "Lord, forgive me for saying I am not loved."

Renounce (2 Corinthians 4:2, NIV):

Example: "In the name of Jesus, I break the vow I am not loved."

Replace (Galatians 2:20, NASB):

Example: "I replace it with the truth that I am a dearly loved child of God."

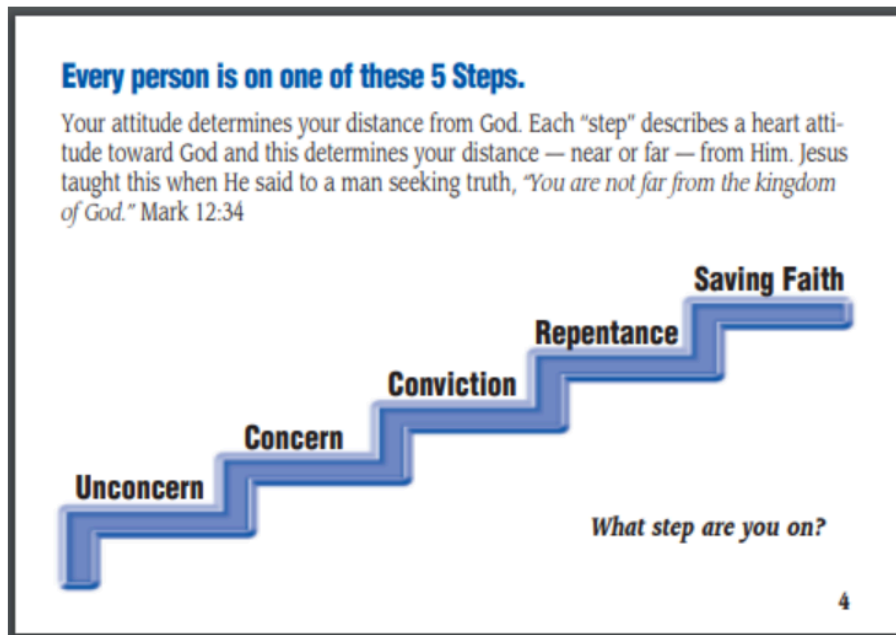
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It's easy to think someone "owes" you because they hurt you. While you are waiting to be "repaid," your heart remains chained. Forgiveness doesn't excuse what he/she did. Forgiveness cancels the debt, so you can be free. In order to forgive, you must first be forgiven. Ask God to forgive you first for any of your wrong attitudes, responses or decisions. Then, you are ready to forgive those who have offended or hurt you. Forgive just like you were forgiven.

Once you have a relationship and have entered into Saving Faith through a total surrender of your life to Jesus, you can truly understand and fully receive His forgiveness, and then freely offer it. If you have any questions about your faith in the Lord, be sure to watch the attached video, "The Ultimate Fresh Start: You Can Be Forgiven," the biblical pathway to saving faith in Christ Jesus. To learn more about which step you are on, please see the full Step Up To Life booklet at www.stepuptolife.com.



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B. Choose to forgive the person who has offended or hurt you. Write out your prayer to the Lord expressing your decision to forgive.

Include the specifics of those hurts or offenses and how they have affected you in the past, are affecting you in the present, and may affect you in the future.

Go back to Part 1 where you listed your offenses, hurts, and losses. Use this list as a guide to reference when being specific with what you are choosing to forgive

Example: "Lord, I choose to forgive my dad for never spending time with me, for being critical of everything I did..."

C. Declare to the Lord: "I cancel the debt! For my sake, they owe me nothing!"

On Forgiveness:

Forgiveness does not mean the behavior is okay.

- The person is not off the "hook."
- This individual is now on God's "hook."

Unforgiveness has two cousins:

- Resentment: re/ sent - "If you do this to me, I will do this to you." (Send back to you)
- Bitterness: kills us spiritually. *Hebrews 12:12-15*
- If you don't forgive, you're saying that YOU holding the offender responsible, is more important than allowing GOD to handle it.
- Ask the Lord to help your emotions catch up with the act of your will to forgive.
- Forgiveness is a COMMAND, not an option. It is not based on feelings.
- Forgiveness is a decision to obey God.
- Forgiveness does NOT equal trust and does NOT automatically require entering back into that former relationship. This may not be wise or possible..