

## FORGIVING HURTS WE DON'T DESERVE

(Dr. Charles Stanley's DVD shown on 2/3/10)

You can keep on running from them or deal with them. You will never be free until you can be healed from your past hurts.

Ephesians 4:31-32

(If you love someone you are going to be hurt) It's the people who you love that end up hurting you.

I. Hurts we don't deserve often give birth to an unforgiving spirit.

Can you detect any bitterness in your heart? Is there any one you would like to get back at?

- a. If you hate someone, you can't shake the memory
- b. Can't wish them well
- c. You want them to hurt or suffer, the way you hurt and suffer
- d. Passive Hatred- I don't like them, I want to avoid them that hurt me.

e. Aggressive Hatred-looking for some way to find vengeance.

Hatred numbs us. What causes that- I choose to respond.

A person can't make you hate and have an unforgiving spirit.

We want to blame someone else for the way we feel.

Jesus is forgiving, you have denied Him, doubted Him, transgressed Him, and sinned against God.

How can we defend an unforgiving spirit, when God has forgiven us. Look at the cross. The cross is what strips us from having an unforgiving spirit.

There are (3) reasons why we are unforgiving:

1. Pride
2. Selfishness
3. Ignorance

There are consequences for an unforgiving spirit:

1. Emotional Bondage- wrapped up in anger and memory from past hurts, keep playing in your mind. Un- forgiveness will freeze you up so you can't love someone else.
2. Damages Relationships
3. Damages Your Relationship With The Lord. You must deal with the hurt. You are miserable. The spirit of God can never anoint un- forgiveness.
4. Damages Us Physically. You put an overload on your nervous system. The truth is it's in your mind. Your mind has more effect over your body.

II. Hurts we don't deserve can be healed through forgiveness. To tolerate someone is not forgiveness. Justification/excusing-does not excuse un-forgiveness. Time does not heal old past hurts. We must deal with the old past memories of old hurts.

How do you deal with them? It may be someone who has hurt you and they are not aware that they have hurt you.

How do you forgive someone who has passed away? You must choose to. Speak it out of your mouth and be healed from that un-forgiveness.

Never go to someone and say you hurt me or say here is how you hurt me. We should never bring hurt to someone else.

Get (2) chairs: one for you and one for the other person. Call them out by name. Explain how they hurt you deeply. Tell them everything you feel; Get it out of your system (even if you have to kick the chair).

Say: by the grace of God he has made it possible for me to forgive you. I release you and don't hold it against you any longer.

Walk away and thank God for healing all of your damaged emotions.

We must cancel the debt of hurt. I choose to forgive you for...whatever. I no longer hold it against you.

Four results of forgiving:

1. Your Memory Of Your Past Hurts Begins To Heal
2. You See That Person Differently
3. You Experience Freedom (lay down bondage of an un-forgiving spirit)
4. There May Be A Coming Together Of That Person

Confront It- Deal With It - Face It- Repent Of It- Forgive The Other Person

Why go through life cheating yourself from joy and peace.

Freeing the other person cancels debt

