



FORGIVING OUR WOUNDERS FORGIVENESS – A KEY TO SUCCESS

Handout

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SPIRITUALLY – WHO BENEFITS THE MOST IN FORGIVING? YOU DO!

First you must become a truly submitted believer in the Lordship of Jesus Christ. You must totally surrender every part of your life to Him. He is Lord and you MUST RECEIVE HIS FORGIVENESS. Psa. 86 (verse 5).

- Humble Yourself. James 4:6-10.
- **IT IS BY FAITH IN CHRIST ALONE. 1 John 5:4**
- **WE MUST CULTIVATE FAITH IN GOD!**

Vehicles: Fasting, Meditation, Prayer, Scripture Memory, Community

Romans 10:17 – Faith Comes by HEAR, and HEARING by the WORD OF GOD.
By faith in Jesus Christ's blood atonement, which **HE suffered brutally**, hurtfully and SACRIFICALLY on Calvary's Cross.

- **NOBODY has suffered like Jesus Christ!!! HE left HEAVEN and was born in a manger. What humility to be born a man!!! GOD LIMITED!!! He was afflicted by HIS own race; He was mocked, scoffed, beaten and condemned. OH THE DEEP REJECTION HE FACED!!!**
- **LET THE ANGER GO!** - *Meditate on Calvary's cross. The CROSS is the POWER of God for all those who WILL BELIEVE. Receive Healing Prayer – Pastoral Care – Discipleship.*

Nobody has ever loved you like that!!!! AND NO ONE EVER WILL!!!

- **MEDITATING ON THE WORK OF THE CROSS – (more at the end)**

Forgiveness is a crisis of the will; we must make the choice to forgive.

- **“Father Forgive them for they do not know what they are doing” Luke 23:34**
Embrace that the offenders are deceived.
- **“Forgive us our trespasses AS WE forgive those who trespass against us.”**
- **Asking God to release us from the debt... as we are releasing.**

Support Group Ministry – Prayer Time

- We must get in touch with what needs to be forgiven. (*Spend time in meditation and writing down offenses*)
- We allow Jesus Christ to be Lord and access our hearts in prayer, and praying with others.
- We must make the confession of the sin against us and bind it to the Cross. (*All the sin out of our soul, and placed into the Body of Jesus on the Cross. 2 Cor. 5:21*)
- Loosing forgiveness by laying the wound or the wounder at the Cross. (*Kneeling at a cross and physically placing the hands there can be helpful*)
- Ask the Lord to release and cleanse you from the bitter effects of unforgiveness. (*More prayer, until you feel the release from the heart. You may have to revisit these steps several times*).

PRACTICAL APPLICATION – STEPS TO REALLY FORGIVING – from Stephen Black
Going through these steps with a counselor or pastoral caregiver is very helpful.

- 1) **Make a list of ALL the people** who have offended and hurt or rejected you and describe what they did to you. (Mom, Dad, Siblings, Friends, Spouses, Associates, School mates, Bosses, People you have worked with in the past).
- 2) **Make a list of ALL of YOUR offenses**, the things you have do to hurt these same people and to others. ***Make another list of all sexual improprieties.*** (Remember a key to overcome is seeing the depth of your own faults at Calvary's Cross, e.g. the parable of the unforgiving servant – Ungratefulness, Unthankfulness, Unkind, Unloving, UnCaring.
- 3) **List how you have hurt the Lord.** Psalm 51:4. Against YOU and YOU alone oh GOD, Have I sinned. How did you hurt the Lord by holding on to these sins? How did you hurt the Lord by holding on to bitterness and unforgiveness towards the people?
- 4) **Pray about and over each offense listed**, THEIRS, YOURS, and how you have hurt the Lord. In prayer releasing each DEBT and make a choice to accept the person right where they are now. *(Most likely – you will need someone to pray with you through the lists).*

HOW – writing the list, pretend letters (*not actually sent*) with prayers, journaling, THE CHAIR METHOD. – *Speaking to the chair as if the person was sitting in the chair, or at a grave site.*

Again, yielding ALL of your rights and dying to the anger by releasing all the broken expectations to God in prayer.

Try to **understand** the people you are forgiving, i.e. parents - their history.

You now pray over each person, “Father, I choose by your grace to forgive (name of person) for (list all the offenses). I release this person into your loving hands. And now in Jesus Name I forgive, (name the person). THANK GOD FOR WHAT YOU ARE LEARNING IN FORGIVING.

- 5) **DESTROY ALL THE LISTS.** Literally destroy letters, lists and/or “those journal pages.” Commit it all over to God. You are releasing the debts. Make this a ceremony of release and a worship of Jesus Christ.
- 6) **Forgive YOURSELF!** Eph. 1:7, Col. 1:12-13, 2:13-14.

Forgiveness does not mean that you completely forget, but you will not take into “ACCOUNTING” the things suffered. A good test is your first thoughts of the offender when you see them. If the thoughts are there and they tend to rage, you have not forgiven from the heart. Remember LOVE believes and THINKS the BEST. 1 Cor. 13:6-7. However, this doesn't mean the process hasn't started, you begin by faith.

Don't EXPECT that your forgiving the individual will result in them forgiving you or in them changing. But rather GIVE THEM TO GOD, put the individual in God's hands for vindication.

- 7) **Asking for forgiveness.** Mark 11:25-26. If you have offended someone, you must also humble yourself and ASK for forgiveness. ***HAVE YOU ASKED FOR FORGIVENESS FROM THE PEOPLE YOU HAD SEXUAL IMPROPRIETIES, have you broken all the soul ties? (Remember this step requires MATURE discernment on timing.)***
- 8) **Genuine gratefulness and choosing now to be a blessing.** Completeness and closure of the unforgiveness in our hearts and to know that you are forgiving, is the ability to be a blessing to the very person who has hurt or offended us. In some circumstances that is not possible, but you can turn the situation around by praying for them and offering prayers of gratefulness to God concerning the lessons and the sufferings of Christ you have participated. Col. 3:12-15

Examples: Blessing and Honoring Parents and Authority Figures.
Help authorities to be successful. Expose your hidden agenda/selfish ambition.

LOVE LANGUAGES – Express love! Walk OUT LOVE! GIVE OF YOURSELF...

- Acts of Service, - Encouraging Words, - Gift Giving,
- Physical Touch, - Quality Time.

9) The Second Mile Law of Love

Matthew 5:41 “And whoever compels you to go one mile, go with him two.”

This causes your heart to be freed from anger and unforgiveness as you decide to endure the second mile as an act of love from your own heart. Jesus’ lesson from the Roman law.

10) Do not let anyone know what someone said about you or did to you.

Remember the life of Joseph. He made a choice to cover his brothers’ sins.

God does not tell all that He knows about our sins... He totally forgives us! A very mature walk!

11) Practice NEED! NEED: is a walk of humility.

- N – Necessary: Is it necessary to say?
- E – Encourage: Will you be encouraging? Will it make them feel better?
- E – Edify: Will it really bring edification, building them up and making them stronger in their faith?
- D – Dignify: Will this dignify this person? Jesus treated other people with a sense of dignity.

THE WORK OF THE CROSS

YOUR ABUSER / OFFENDER ~ bound to the CROSS... see them crucified with Christ... whether or not they have asked for forgiveness or whether or not they are committed to Christ... let your anger, and unforgiveness go INTO the sacrifice... first seeing your offender crucified as needed to release vengeance... then the realization of Christ taking their place AND YOUR PLACE... God is just... Is this sacrifice enough...?

(Repeated points from the teaching)

FOGIVENESS IS NOT Saying or Believing:

- You were not hurt.
- WE ARE JUST PRETENDING.
- The offense was not real, or denying what took place.
- You are giving an approval, excusing, justifying, or pardoning (legal term) of what they did.
- It was okay with God.
- You shouldn't have felt angry.
- The person who has sinned against you is going to get away with IT - their behavior was wrong, but you MUST yield justice to GOD. "Vengeance is mine, says the Lord." (Not talking about Laws of the Land)
- **"Turn the other cheek" so you can get more... Understanding the difficult words of Jesus.**

Jesus is speaking figuratively, He is not advocating abuse. A back-hand slap in the face was the supreme insult in first-century Judaism. It was an attack on one's dignity. Insults are like a slap in the face.

- You must have reconciliation or that there will be absolutely forgetting.
- That you are refusing to take the wrong seriously.

FORGIVENESS IS: "A decision you make to obey God by faith and to walk out the obedience as a new lifestyle, in a higher realm by not allowing someone else's action or attitude to dictate your actions or attitudes. Forgiveness does NOT demand an emotional payment!" Stephen Black (Mark 11:25-26).

Forgiveness IS A Decision:

- You must make; it's not a FEELING, it is a choice at first.
- Of being totally aware of the offense, its depth and still choosing to forgive.
- To walk in a New LIFESTYLE – Christianity – the heartbeat of God.
- Of keeping no records, and refusing to punish, so covering sin is covering FEAR.
- Not to demand an emotional payment.
- Not to repeat what was done, over and over – choosing to be gracious. (You could say it but you choose not to, this is graciousness and is very powerful.)
- To BE Merciful.
- To prepare our hearts so we can be obedient to the lover of our soul Jesus Christ. (FASTING?).
- To forgive God. "GOD DID IT." (Not always known... but ultimately, we resent God.)
- To forgive yourself.
- To not allow anyone to be intimidated by you.
- To allow your offender to be free from shame and guilt.
- To allow your offender to save face in the future.
- To pray for your offenders and pray that they will be blessed. Job 42:10 – blessings come to us.



CORAM DEO MINISTRIES

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