

## **Freedom through Forgiveness: How to Forgive Others**

### **Three ways we get emotionally hurt**

1. For bad things people have done to us.
2. For the good things people didn't do for us.
3. For perceived hurts.

### **Reasons why we should forgive**

- God asks us to forgive
- Allows us to live in freedom
- Matthew 6:14-15 If you forgive other people when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive others their sins, your Father will not forgive your sins.
- Keeps evil spirits from gaining access to our lives.
- Allows the power and grace of the Holy Spirit to flow in our lives.
- It is good for our mental and physical health
- It is the proper way to respond to the love and grace God has given us.

“Forgiveness is the setting of one's will, and the making of a decision to release an offending person or situation. When we forgive, we choose to set them free. By choosing to forgive we also set ourselves free. We don't hold resentment or bitterness. We let go of our plans for retaliation. We let go of feelings like they owe us something.” - Chester & Betsy Kylstra

### **Have you really forgiven?**

- **Matthew 18:35** Forgive your brother or sister from your heart.

### **Signs you have not forgiven someone from the heart**

- I secretly desire to see the person hurt and miserable.
- I want the person to get what they “deserve”.
- I live as if they doesn't exist.
- I would be happy if something bad would happen to them.
- I keep as much distance between us as possible
- Deep down I want to get even with them.
- I avoid them.
- I find it difficult to act warmly toward them.

### **1. Allow God's love and grace to be your motivation.**

- Luke 23:34 Colossians 3:13 Ephesians 4:32 Matthew 18:21-33
- Forgiveness does not mean you need to trust the person
- John 2:24 Proverbs 22:3 Luke 7:47 2.

### **2. Understand what you are forgiving - count the cost.**

### **3. When you forgive you are entrusting them to God's justice.**

- Romans 12:19 James 4:12 4.

### **4. Forgiveness does not depend on the response of the other person.**

- Romans 12:21

## **A Forgiveness Process**

1. Focus on the forgiveness that Jesus has given you. Remember some of your darkest sins and then remember how all the guilt, punishment and condemnation has been completely removed through the cross.

2. Ask the Holy Spirit to reveal to you if there is anyone towards whom you are holding offense: Is there a family member, someone at work, church, school, a friend, whom you need to forgive?

3. Ask the Lord to forgive you for not forgiving as He forgave you.

4. Acknowledge what you are forgiving – count the cost.

5. Forgive the person

6. Release all the wounds and hurts over to God. Trusting God and His justice.

7. Listen to what the Spirit wants to say to you personally: where was the Lord in this event?

What was He doing? What is He saying?

8. What lie did you pick up about yourself or God as a result of the incident? Repent of the lie and ask God what the truth is.

9. Listen to what the Spirit wants to say to you about the offender

10. Ask Him if there is anything you did that contributed to the situation

11. Ask God how He turned what was intended for evil into something good

12. Through prayer pray and bless your offender.