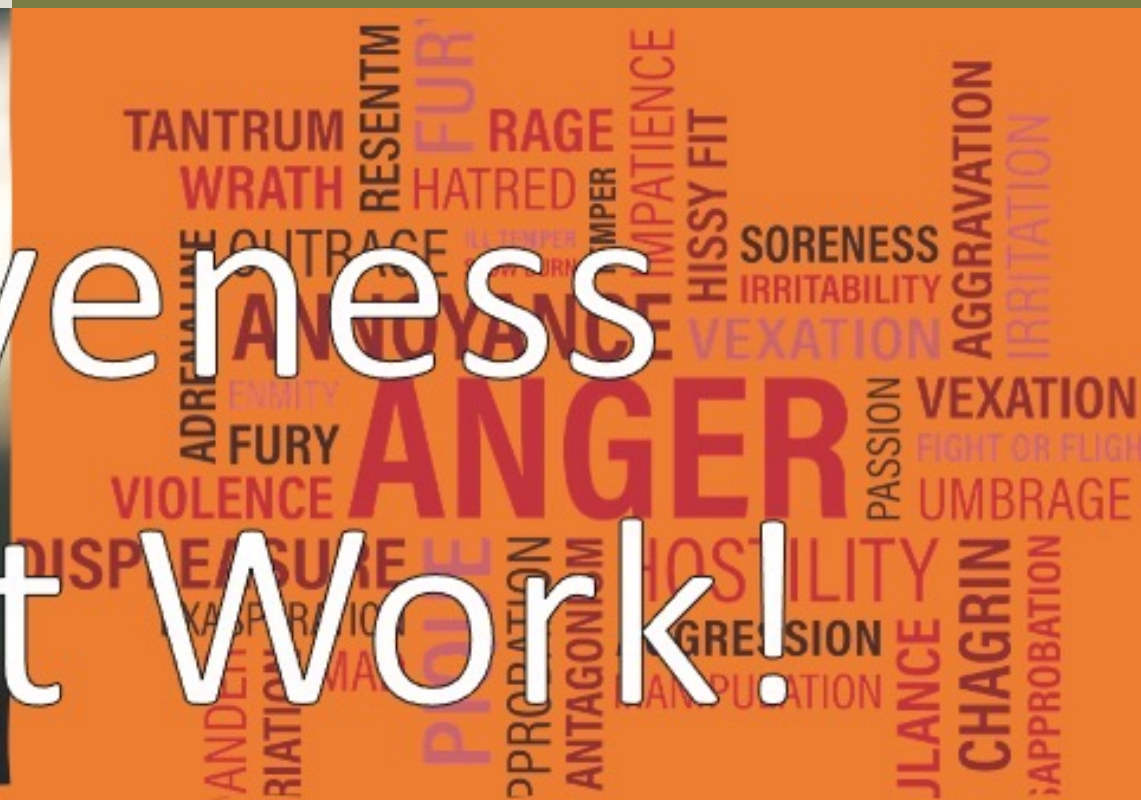




Forgiveness Did Not Work!



What to do when you
feel like forgiveness did
not WORK?

You can be set FREE!

Learn how to Forgive and to be
emotionally and mentally FREE!

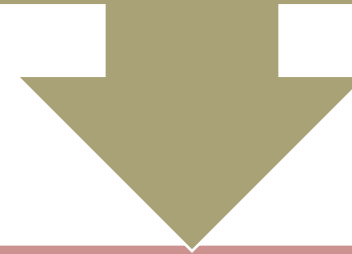
Sunday Christ Life Center

THE ULTIMATE PATH TO REDEMPTION

- "Forgiveness plays a crucial role in our spiritual, emotional, and physical well-being."
- "In this presentation, we will explore Jesus' teachings on forgiveness, as well as proven techniques to facilitate the forgiveness process."

FORGIVENESS
HAS
SIGNIFICANT
BENEFITS FOR
PERSONAL
WELL-BEING
AND HEALTH,
BOTH
PHYSICALLY
AND
EMOTIONALLY.

Improves Mental Health: Unresolved anger and bitterness can contribute to anxiety, depression, and other mental health issues. Forgiveness promotes emotional healing, leading to improved mental health and increased feelings of happiness and contentment.



Enhances Relationships: Forgiveness is often a key factor in repairing and strengthening relationships. Letting go of grudges and showing empathy towards others fosters deeper connections and a sense of belonging, leading to more fulfilling relationships.

FORGIVENESS HAS SIGNIFICANT BENEFITS FOR PERSONAL WELL-BEING AND HEALTH, BOTH PHYSICALLY AND EMOTIONALLY.

- Reduces Pain and Physical Symptoms: Forgiveness can lower the perception of physical pain and alleviate symptoms related to chronic conditions like headaches, backaches, and gastrointestinal problems. The emotional release associated with forgiveness may also positively impact pain thresholds.
- Improves Sleep Quality: The ability to forgive can lead to a more peaceful mind, reducing nighttime rumination and promoting better sleep quality. Restorative sleep is vital for overall health and well-being.
- Increases Resilience: Forgiveness is an essential aspect of building emotional resilience. People who are more forgiving tend to bounce back more effectively from life's challenges and adversities.





FORGIVENESS HAS SIGNIFICANT BENEFITS FOR PERSONAL WELL-BEING AND HEALTH, BOTH PHYSICALLY AND EMOTIONALLY.

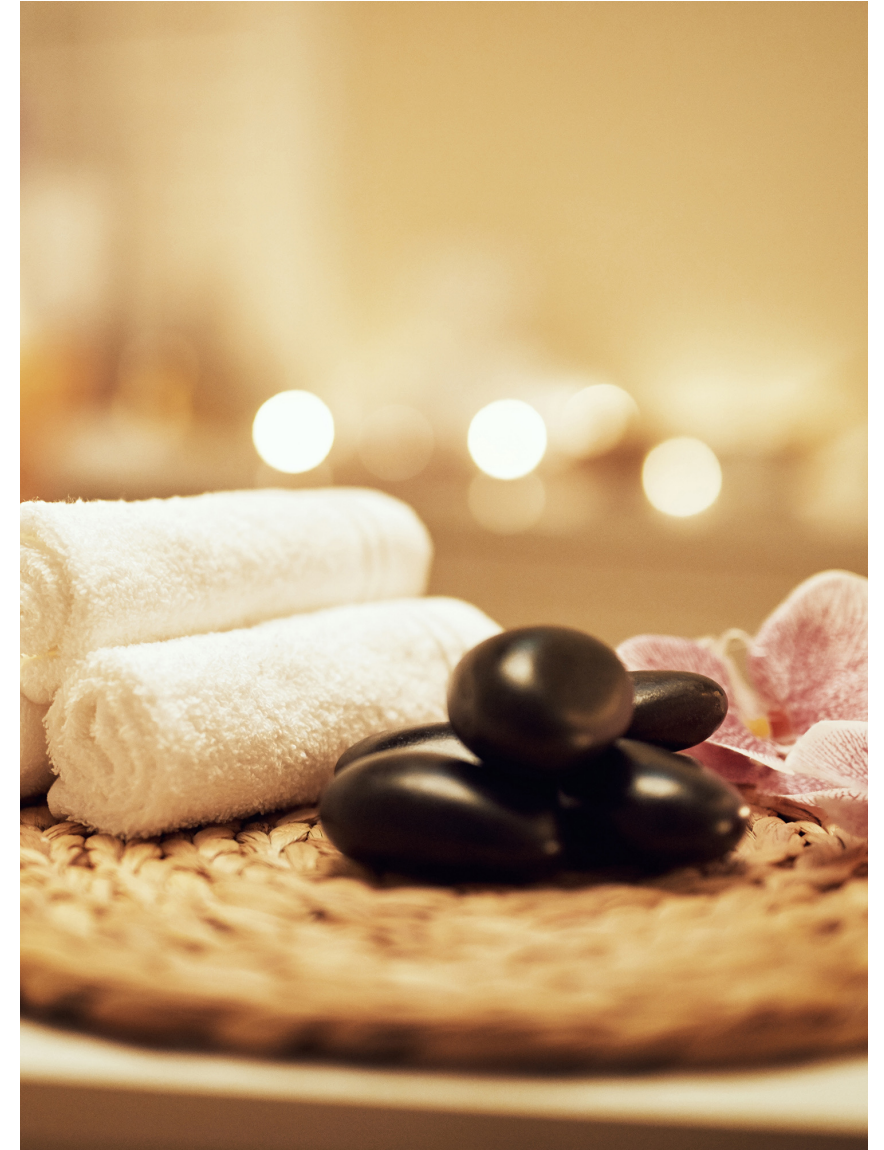
Lowers Blood Pressure: Chronic anger and resentment are associated with elevated blood pressure. Practicing forgiveness can help regulate blood pressure levels, reducing the risk of cardiovascular problems.

Promotes Emotional Regulation: Forgiveness involves acknowledging emotions, understanding them, and then releasing negative feelings. This process enhances emotional regulation skills, allowing individuals to respond to difficult situations with greater composure and clarity.

Fosters Positive Outlook: Forgiveness shifts focus from dwelling on past hurts to embracing a more positive and hopeful outlook on life. This positive perspective can lead to increased optimism and a greater sense of purpose.

YOUR HEALTH AND MENTAL WELL
BEING DEPENDS ON YOU LEARNING
HOW TO FORGIVE AND FORGET!

- Forgiveness has a profound impact on personal well-being and health. By letting go of grudges and choosing to forgive, individuals can experience reduced stress, improved mental and physical health, better relationships, and an overall more positive and fulfilling life.
- **It is important to note that forgiveness is a process, and it may take time and effort to achieve its full benefits, but the rewards are well worth the journey towards emotional healing and growth.**



EMBRACING PERSONAL FORGIVENESS: INSIGHTS FROM THE BIBLE

- I. Introduction
 - A. The transformative power of personal forgiveness
 - B. Biblical teachings on individual forgiveness
 - C. Integrating PROVEN principles for effective forgiveness AND WELLNESS

A quote about forgiveness overlaid on a forest landscape. The background is a dark, misty forest scene with a soft, reddish-pink glow at the bottom, possibly from a sunset or sunrise. The text is in a white, serif font.

We cannot forgive others
if we don't feel forgiven
by God ourselves.



LETTING GO OF THE PAST
TO
EMBRACE THE FUTURE

- **Philippians 3:13-14** - "Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus."

The link between forgiveness and healing


- **Matthew 9:2** - "And behold, some people brought to him a paralytic, lying on a bed. And when Jesus saw their faith, he said to the paralytic, 'Take heart, my son; your sins are forgiven.'"

REFRAMING PAST EXPERIENCES!

Genesis 50:20-21 (KJV) 20
**But as for you, ye thought
evil against me; *but God*
meant it unto good, to bring
to pass, as it is this day, to
*save much people alive.***



**21 Now therefore fear ye
not: I will nourish you, and
your little ones. And he
comforted them, and spake
kindly unto them.**



You
Live
in a
Body

You
Are
a
Spirit

You
Have
a
Soul



WHY DO YOU FEEL ANGRY
AND HURT?

You Feel like they have violated your RIGHTS!



IN ORDER TO FEEL VIOLATED...

- You must access a law either real or perceived.
- Based upon the law you access you base your violation and justify your angry!
- You then place yourself under the same law and judgment you have accessed!



YOU MUST WAIVE YOUR RIGHTS!

Emotional healing comes
when you waive your
rights for revenge.

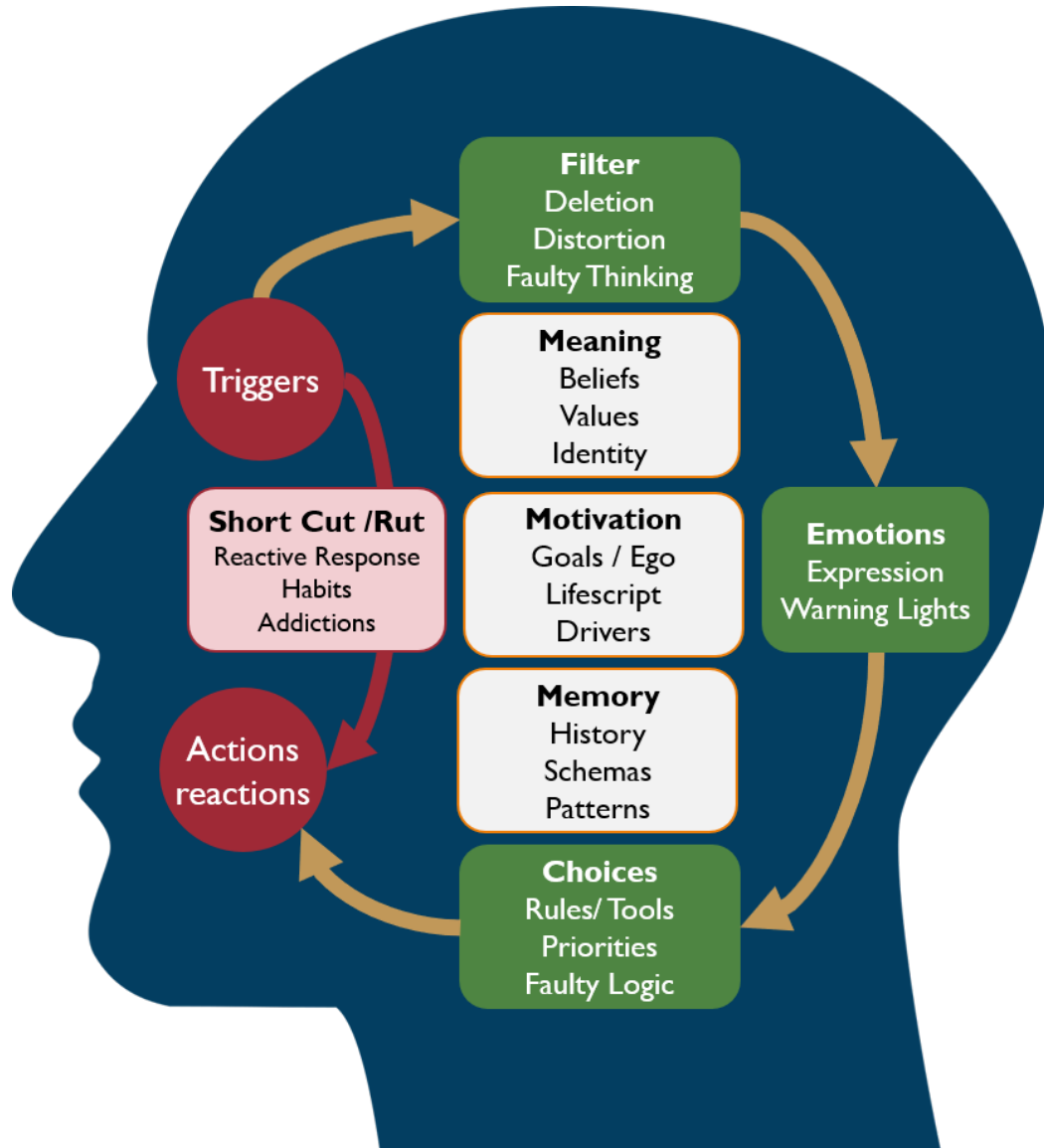
You place your rights into
the purposes of God

What was meant for EVIL
God meant it for GOOD!

OMG!

FORGIVENESS
IS LEARNING
TO RESPECT
YOURSELF
AND GIVE
GOD GLORY!





YOU ARE ADDICTED TO YOUR NEGATIVE EMOTIONS AND PAST HURTS!

- You create a neural loop
- You have the thought
- You create the emotion
- You release the hormones that produces the anger, bitterness, and hurts.
- You cycle this over and over!