Forgiveness

Reflect and Apply

*Before you do your homework, prayerfully ask God to send the Holy Spirit to bless your reading, to enlighten your mind and to reveal to you all that God desires to speak into your life.*

**Contemplate:**

1. How do fear and insecurity demonstrate themselves in your life? (Psalms 139:23, 24 Ask God to

 search your heart and point out anything in you that makes Him sad.)

2. Who is one person you have difficulty loving or ministering to?

3. What can you do to reach out and reconcile? (Psalms 51:10 Ask God to create in you a clean heart)

**Read**:

 Matthew 5:43-48 Matthew 6:14, 15 (End of Lord’s Prayer)

 Luke 6:27-31 Luke 23:34, 43 (Jesus on the cross)

 Romans 12:9-21 Ephesians 4:31-32

**Claim the promises in all of the afore mentioned texts**

**Personal Reflection:** Psalms 66:18 “If I regard iniquity in my heart, the Lord will not hear me.”

**Make a list of:**

1. People you need to forgive
2. People you need to ask for forgiveness
3. Things you need to ask God for forgiveness for
4. Things you need to “forgive yourself for.” (Accept God’s forgiveness for)
5. Things you need to “forgive God for”…..for being God in your life. Letting go of your anger and questions.

***In forgiveness is restoration through love.***

**An Exercise in Granting Forgiveness:**

* 1. Write down (with pen and paper) all of the things that you have done wrong. It is

imperative that you write. Word processing is not the same.

1. Read the list.
2. Now say "I may not have handled this well at the time, but I now forgive myself and am free."
3. Destroy (burn or shred) the list.

# 5. Repeat the exercise for each of the other people who have hurt you.

6. Now begin anew to live your life without the burden of unforgiving pain—it is unnecessary suffering.

**How do we Forgive?**

Say outloud: I take authority over this hurt and offense. I will no longer be bound by this. In the name of Jesus I loose forgiveness and healing for my health and well-being and for freedom from sin’s bondage.

Then, forgive the other person before God.

Say, “God, I forgive \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and I ask that You take away the hate and bitterness I feel in my heart. Help me to feel right toward them.”

If your hurt is so deep that you are unable to do that, say,

“God, help me love with Your love and forgive with Your forgiveness; because of myself, I am unable.”

**Take care of the things you CAN take care of. Write whatever letters you need to write.**

**Read Christ is our Example (Next Page)**

**End your time with God by claiming the promise in 1 John 1:9 Write it here.**

**Be ready to receive all that the Lord has for you. May it be a time of new beginnings.**

***Prayer:***

*Dear Father, I want to be right with You. I want to live in communion with You knowing that my prayers have been heard and that my sins are forgiven. I pledge to begin dealing with unfinished forgiveness issues in my life tonight. Please give me courage and help me be faithful to this commitment. In Jesus name I pray,*

*Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Christ is Our Example*

We are forming characters for heaven. No character can be complete without trial and suffering. We must be tested. We must be tried. Christ bore the test of character in our behalf, that we might bear this test in our own behalf, through the divine strength He has brought to us. Christ is our example in patience, in forbearance in meekness and lowliness of mind. He was at variance and at war with the whole ungodly world; yet He did not give way to passion and violence manifested in words and actions, although receiving shameful abuse in return for good works. He was afflicted. He was rejected and despitefully treated, yet He retaliated not. He possessed self-control, dignity and majesty. He suffered with calmness and for abuse gave only compassion, pity and love.

Imitate your Redeemer in these things. Do not get excited when things go wrong. Do not let self arise, and lose your self-control because you fancy things are not as they should be. Because others are wrong is no excuse for you to do wrong. Two wrongs will not make one right. You have victories to gain in order to overcome as Christ overcame.

Christ never murmured, never uttered discontent, displeasure, or resentment. He was never disheartened, discouraged, ruffled or fretted. He was patient, calm, and self-possessed under the most exciting and trying circumstances. All His works were performed with a quiet dignity and ease, whatever commotion was around Him. Applause did not elate Him. He feared not the threats of His enemies. He moved amid the world of excitement, of violence and crime, as the sun moves above the clouds. Human passions and commotions and trials were beneath Him. He sailed like the sun above them all. Yet He was not indifferent to the woes of men. His heart was ever touched with the sufferings and necessities of His brethren, as though He Himself was the one afflicted. He had a calm inward joy, a peace which was serene. His will was ever swallowed up in the will of His Father. Not My will but Thine be done, was heard from His pale and quivering lips.[[1]](#endnote-1)

1. Letter 51a [↑](#endnote-ref-1)