

# FORGIVENESS ACTIVATION

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## **First Ask Yourself These Questions...**

- 1.) Ask the Lord who is on your list of unforgiveness? Who do you need to forgive? **Make a list and write it down.**
- 2.) How is bitterness, offense, & unforgiveness **helping you?**
- 3.) How is bitterness, offense, & unforgiveness **hurting you?**

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### **A.) TELL**

Tell God what happened to you. He already knows, but it is important for you to confess to Him. Be specific and pour out your heart to God.

### **B.) FEEL**

Allow the full emotion of it to be felt in front of God.

Go back there... don't sit in it... but allow the comfort of Jesus to be there with you in the midst of the pain.

### **C.) CANCEL the debt, they no longer owe you anything.**

Romans 12:9: "Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the LORD."

### **D.) ACCEPT them as they are. You are powerless to change them.**

We cannot control other people, we can only control ourselves and our relationship to them by setting healthy boundaries.

### **E.) RISK, open your heart, let down your guard and TRUST again.**

You may not feel led to trust that person again OR you may feel God telling you to trust them again. Be Spirit led on this.

When God asks you to step out and risk being hurt again... know that Jesus is going before you and you will be walking in step with Him. We must release the fearful past and forgive.

Psalms 34:18 says "The LORD is near to the brokenhearted and saves the crushed in spirit."

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## **Move forward..**

### **1.) Pray for them.**

Matthew 5:43- "Love your enemies, pray for those who persecute you."

Luke 6:28- "Pray for those who mistreat you."

Romans 12:14- "Don't curse those who persecute you, pray that God will bless them."

### **2.) When you see they have a need, offer to help them if the lord leads you to do so.**

Proverbs 25:21-22- "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals of conviction on his head and the Lord will reward you."

Luke 6:28- "Bless those who curse you."

### **3.) Do not gossip and slander their reputation.**

Psalms 101:5- "Whoever slanders his neighbor secretly, I will destroy."

James 1:26- "If anyone thinks he is religious but does not bridle his tongue, this person's religion is worthless."

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## **Do not seek pity from others by gossiping to people about what they did against you.**

Ephesians 4:29- "Let no corrupt talk come out of your mouths, but only what is helpful for building others up according to their needs, and may it benefit those who listen."

Matthew 12:36- "On the day of judgement people will give account for every careless word they speak."

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**Main scripture & parable to meditate on:*****Matthew 18:22-35***

21 Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?"

22 Jesus answered, "I tell you, not seven times, but seventy times seven.

23 "Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants.

24 As he began the settlement, a man who owed him ten thousand bags of gold was brought to him.

25 Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt.

26 "At this the servant fell on his knees before him. 'Be patient with me,' he begged, 'and I will pay back everything.'

27 The servant's master took pity on him, canceled the debt and let him go.

28 "But when that servant went out, he found one of his fellow servants who owed him a hundred silver coins. He grabbed him and began to choke him. 'Pay back what you owe me!' he demanded.

29 "His fellow servant fell to his knees and begged him, 'Be patient with me, and I will pay it back.'

30 "But he refused. Instead, he went off and had the man thrown into prison until he could pay the debt.

31 When the other servants saw what had happened, they were outraged and went and told their master everything that had happened.

32 "Then the master called the servant in. "You wicked servant,' he said, 'I canceled all that debt of yours because you begged me too.

33 Shouldn't you have had mercy on your fellow servant just as I had on you?'

34 In anger his master handed him over to the tormentors to be tortured, until he should pay back all he owed.

35 "This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart."