



Healing from Past Hurts: Learning the Power of Forgiveness

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Today's Journey

- Exploring Forgiveness through the word of God
- What it is and is not according to God!
- Why is it so hard to forgive?
- Transparent Moments – learning from each other
- Identifying our unforgiveness
- Letting Go & allowing the Holy Spirit to work in our lives
- Prayer, Release & Refresh

God forgives everyone who
believes in Jesus, those
who are born-again (*John
3:5-6; Acts 10:34-36; Romans 10:9-
10*)

Let's take a moment,
and forgive ourselves
and repent from our
offenses and
transgressions

Beginning the Process of Forgiving Others

Which of the following statements do you relate?

“I thought I had forgiven that person, but the hurt has never gone away?”

“How can I forgive if I never want to see that person’s face again?”

Beginning the Process of Forgiveness (Cont'd.)

Which of the following statements do you relate?

“This person doesn’t deserve forgiveness – what he or she did is so unthinkable I don’t even want to think about it, let alone forgive.”

Beginning the Process of Forgiveness *(Cont'd.)*

Which of the following statements do you relate?

“I’m not ready to forgive – it still hurts too much.”

The Danger of Unforgiveness

- Satan has a foothold on our mind (2 Corinthians 2:10-11)
- Blocks our blessings
- Bitterness and negativity becomes our demeanor
- Hinders our relationships with others

→ *Transparent Moments* ←

Do you agree/disagree? How does consistently/frequently bringing up a past hurt help you or does it?

Benefits of Forgiveness

- Strengthens our relationship with God
- Mends and heals our damaged emotions
- Leads to healthy relationships

God's Perspective

Read Matthew 18:21-35

*Why does God deal so harshly
with those who refuse to forgive?
(vs. 35)*

What does the Word of God Say about Forgiveness?

- Matthew 6:12-15
- Mark 11:25
- Galatians 5:14-15
- Galatians 6:1-2
- Ephesians 4:31-33

Who will seek Justice on our Behalf?

- Romans 12:19-21
- Why shouldn't we seek justice ourselves?

Transparent Moments

*How have you experienced this in
your own life?*

- Romans 12:21 – *“Do not be overcome by evil, but overcome evil with good.”*

What happens when we refuse to forgive those who hurt us?

What Forgiveness Does not mean!

- Forgiveness doesn't mean we give up hope of ever seeing justice met
- Forgiveness means that we give up the right to execute that justice ourselves

*Forgiveness does not
necessarily mean that your
relationship will be restored!*

Forgiveness Does not mean we must forgive and FORGET!

- The human mind doesn't work that way!
- Forgetting might be the by-product of forgiveness, but simply trying to block past offenses from our minds is never a means to forgiveness

Forgiveness Does not mean we must forgive and FORGET!

Cont'd)

- Read the following Scriptures and note what each says about God's omniscience: *(all-knowing)*
 - Psalm 103:10-12; Psalm 139:1-4
 - Isaiah 40:13-14
 - Hebrews 4:13

Forgiveness Does not mean we
must forgive and FORGET!

Cont'd)

*How does Isaiah 43:25 and
Jeremiah 31:34 relate to
“forgetting our sin?”*

Forgiveness Does not mean we
must forgive and FORGET!

(Cont'd)

*How did Jesus respond to
Peter's question in Matthew
18:22?*

Forgiveness Does not mean we must forgive and FORGET! *Cont'd)*

When you feel the familiar pains of hurt from an offense you've already decided to forgive, cry out to the Lord, "Increase my Faith!" Remember when you continue to choose obedience and think about what is true, your emotions will fall in line – maybe not today or even this year, but you will experience COMPLETE healing through God's incomprehensible power!

Remember the Process of Forgiveness

- ▶ **Stop “ruminating” i.e., overloading your mind with baggage, provocations and events from the past**
- ▶ **Stop trying to force people to understand how much they have hurt you**

It's Time for the Forgiving Process to Begin!



Releasing Unforgiveness and Refreshing with Forgiveness & Obedience Handout



It's Prayer Time

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