FREE TO BE ME
Session Five: Healing & Freedom from Unforgiveness & Bitterness



1

Our Healing Homework (Ongoing) Journey:

Identifying shame and how we cope.

Healing early life shame.

Healing unmet needs.

Healing trauma.

We're bound to have identified ways others wounded us . . .

2

Few things in life are as toxic to our spirit, soul and body as UNFORGIVENESS & BITTERNESS.

Healing in this area brings remarkable RENEWAL!

3

The Past Cannot be Changed, but God Brings a New, Healing Perspective!





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What is FORGIVENESS?

Matthew 18:

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-seven times. 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 [10,000 talents] 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.

A) Wrongful acts against us are like a debt – someone's actions cost us something.

B) The king (God) insists that every wrongful act (person) be brought into account.

C) The debtor couldn't pay – the one who wronged us is incapable of paying us back, either because they lack the character or it's impossible.

D) The debt is not dismissed just because it can't be paid it back.

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What is FORGIVENESS?

Matthew 18:

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.

The debtor acknowledged his debt and begged for mercy. In response, the king (God) . . .

1) Canceled the debt: "I release you from paying me what you owe me." [the act]
***Mercy triumphs over judgement.* James 2:13(b)**

2) Let him go: "I release *you*." [bitterness toward the person]

Has God ever done this for you??

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Matthew 18:

28 "But when that servant went out, he found one of his fellow servants who owed him a hundred silver coins [100 denarii]. 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.

10,000 talents vs 100 denarii =

ONE talent equates to 20 years of labor! 100 denarii equals one DAY of labor!

A) **The sin debt we've committed against God always far exceeds any sin debt man has committed against us. What did our sin debt cost God?**

B) **The servant willingly received mercy from the king (God) but was not willing to show mercy.**

How does God FEEL about this? . . .

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What is FORGIVENESS?

Matthew 18:

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 to.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 jailers 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."

Jailers? Who enforces the law?

Satanic / demonic powers – the Accuser!

James 2:13 [whole verse] ***For judgment is without mercy to the one who has shown no mercy. Mercy triumphs over judgment.***

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What Forgiveness is NOT (and IS) . . .

a. Ignoring, denying or minimizing offenses against us or our pain.

Process the *full* debt. Call it what it IS. What did it cost you??

b. Forgetting / acting like it never happened.

Memories can be redeemed, not erased.

c. Saying the offense was okay or doesn't matter (letting offender off the hook).

it matters so much that I'm releasing it (the person) for God to judge.

d. A warm and fuzzy feeling.

We forgive in obedience and trust God to heal all negative emotions.

e. Saying we must trust or be vulnerable to an offender (*walking* in forgiveness).

We need not subject ourselves to more mistreatment; healthy boundaries.

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Keep In Mind . . .

- We can forgive a person as often as we recall an offense or feel bitterness.
- We can forgive without ever receiving an apology (including the deceased) – Release them to God to judge.
- There's a time to express our forgiveness to the person and a time not to.
- Our debtors cannot pay us back, but God can restore in ways they never could! (Laura – lack of nurturance)
- Forgiveness often creates a bridge of reconciliation that seemed impossible before.
- The hardest person to forgive can be ourselves.
- Mad at God? Confide in Him.



Free to be Me

11

Closer Look at Bitter Roots of Judgement:

A bitter root of judgement comes out of pain and forms a condemning expectation (my response to offense).

EX: All men… All women… I always… Church people….

See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many. Hebrews 12:15

Grace of God = God's ability (empowerment) in place of my inability.

Bitter root *grows* . . . (bodily consequences)

Causes trouble and defiles many.



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Healing and Freedom

1) Unforgiveness = Forgive

As we're forgiving people, be aware of any bitter roots of judgement.

2) Bitter roots of judgement = Repent for my bitter, sinful response.

For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. Matthew 7:2

[Immediately following Lord's prayer] *For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive yours.* Matthew 6:14

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Homework…

Get alone with the Lord and prayerfully consider . . .

1) As we pray through unmet needs, trauma, etc., we recognize those who wounded us. Connect with the pain (feel it) and call the loss what it is. (Okay to process one aspect as a time). From there…

2) We give the pain and loss to Jesus, asking Him to heal our hearts, and we choose to forgive specific people – release them by name to Him so WE BECOME FREE from bitterness and unforgiveness.

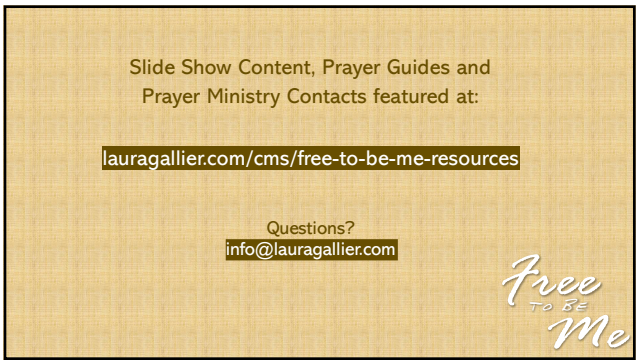
3) Repent for and renounce any bitter root judgement that we made.

God's perspective: Forgiveness is a GIFT!!
Forgiveness often triggers new mercy and grace.

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Let's Pray . . .

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