

**BRUCE WILKINSON**

# 70X7

**FINDING PEACE BY FORGIVING OTHERS ... AND YOURSELF**



**DAILY JOURNAL**

# 70X7

## A 40-Day Devotional

*By Bruce Wilkinson and Mark E. Strong*

### INTRODUCTION

Welcome! During the next forty days you are about to embark upon a life-changing journey. A journey where you will discover the power of forgiving other people and yourself.

Each day as you proceed through *Finding Peace by Forgiving Others. . . And Yourself*, you will interact with Biblical truth, life-changing truth that will be conveyed through enjoyable stories, illustrations and anecdotes. Included in the daily readings are Scripture verses to anchor your heart, as well as reflection questions to help you apply what you learned as a vital part of your life.

Take the time to look up the applicable Scripture in the Bible, including the verses around the anchor verse (the context). Consider who is speaking. Who are the people being spoken to? What is happening at that time? How did the listeners react or respond to what is being said? If you had been one of the original listeners, how would you react? What changes might be necessary in your life in order to make the verses a reality for your life? Do you want to do so? Write your responses (including your feelings at the time) in the journal section (along with the assigned “homework” for each day). Be blessed and know that you are loved by God!

<b>Week One:</b>	<b>Unforgiveness Delivers You to The Torturers</b>
<b>Week Two:</b>	<b>Christ’s Five Requirements for Lasting Forgiveness</b>
<b>Week Three:</b>	<b>The Results of Not Forgiving Others</b>
<b>Week Four:</b>	<b>Steps to Forgive Other People</b>
<b>Week Five:</b>	<b>God Commits to Handle Vengeance for You</b>
<b>Week Six:</b>	<b>How God Can Forgive Anyone for Everything?</b>
<b>Week Seven:</b>	<b>What Happens When You Don’t Forgive Yourself</b>
<b>Week Eight:</b>	<b>Steps to Forgive Yourself</b>

# A Brilliant Idea

## WHAT GOD SAYS

*Then Peter came to Him and said, "Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?" Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven."*  
*Matthew 18:21-22*

## THE MULTIPLIER EFFECT

*Would you say that you have adopted Jesus' brilliant idea of forgiving everyone for everything as a way of life for you? If not what do you think is preventing you from doing so?*

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# God Desires that We Forgive Like He Does

## WHAT GOD SAYS

*And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.*  
Ephesians 4:32

## THE MULTIPLIER EFFECT

*God has forgiven us for everything through His Son, Jesus Christ. Why do you think you and I are tempted at times to be selective forgivers? How then can reflecting on God's forgiveness towards us help us to forgive others?*

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## Delivered into the Hands of the Torturers

## WHAT GOD SAYS

*“And his master was angry, and delivered him to the torturers until he should pay all that was due to him.”  
Matthew 18:34*

## THE MULTIPLIER EFFECT

*Why is it do you think we believe anyone can harbor unforgiveness without experiencing any painful consequences? Any connections in your life?*

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# Why the Torment?

## WHAT GOD SAYS

*“And his master was angry, and delivered him to the torturers until he should pay all that was due to him. So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses.”*  
Matthew 18:34-35

## THE MULTIPLIER EFFECT

*Are you experiencing God's loving discipline because there is a person you haven't forgiven? What is one act of obedience you can do today to end the difficulty you are experiencing?*

[illegible]

# The Basics of Forgiveness

## WHAT GOD SAYS

*If you are willing and obedient, you shall eat the good of the land. Isaiah 1:19*

## THE MULTIPLIER EFFECT

*Have you forfeited God's blessings by choosing to have an unforgiving heart? If so, how much longer do you want to wander in the wilderness, outside God's richest blessings?*

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# Open Your Heart

## WHAT GOD SAYS

*"Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me." Revelation 3:20*

## THE MULTIPLIER EFFECT

*Is the door of your heart open today, if not, when will you open it?*

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# Extend Compassion

## WHAT GOD SAYS

*“Should you not also have had compassion on your fellow servant, just as I had pity on you?” Matthew 18:33*

## THE MULTIPLIER EFFECT

*If you betrayed a close friend out of greed and made a terrible mistake, would you want the person you hurt to forgive you? Now place yourself in the position of a person who needs your compassion. Extend to them the compassion you hope someone else would extend to you.*

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# Release the Prisoner

## WHAT GOD SAYS

*“Then the master of that servant was moved with compassion, released him, and forgave him the debt.”  
Matthew 18:27*

## THE MULTIPLIER EFFECT

*Do you have anyone in your Heart-Prison you need to release today? You may have a close friend who betrayed you ten years ago still locked away. Remember everything good about them—and set them free.*

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# Bless and Do Good

## WHAT GOD SAYS

*"But I say to you who hear: Love your enemies, do good to those who hate you, bless those who curse you, and pray for those who spitefully use you." Luke 6:27-28*

## THE MULTIPLIER EFFECT

*Who has wounded you and you have already forgiven? Why not take this final step and take a moment and pray a blessing over them.*

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*"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 your trespasses." Matthew 6:14-15*

*Is there any unforgiveness in your heart that is preventing God from forgiving you?*

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*Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Ephesians 6:13*

*Yes, what Chad suffered was devastating. However, how do you think his life will change by not forgiving Nancy? Take out a piece of paper and write down your thoughts. Then compare what you will write today with what you will learn over the next two days. What you discover later may surprise and sober you.*

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## Stages 1-4 in the Slide of Unforgiveness

## WHAT GOD SAYS

*“Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, long-suffering; bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. Colossians 3:12-13*

## THE MULTIPLIER EFFECT

*From your observations, what changes do you notice taking place in Chad's life?*

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## WHAT GOD SAYS

*"Looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled." Hebrews 12:15*

## THE MULTIPLIER EFFECT

*Ask yourself the question: "Which of those stages do you see yourself in with someone you have had difficulty forgiving? How do you feel about the next stages you will inevitably slide into?" Isn't it more than time to get off that Slide of Unforgiveness?*

[illegible]

# Preparing to Forgive Others

## WHAT GOD SAYS

*"Also He said to me, "Prophecy to the breath, prophesy, son of man, and say to the breath, 'Thus says the Lord God: Come from the four winds, O breath, and breathe on these slain, that they may live.'" Ezekiel 37:9*

## THE MULTIPLIER EFFECT

*Find a quiet place where you can breathe. Now state out-loud your decision to forgive. Name the people you will release from prison and forgive. Then make a list of their trespasses and wounds that you are going forgive one at a time. Now you are prepared to forgive.*

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# Steps 1-2 of the Forgiveness Process

## WHAT GOD SAYS

*“And forgive us our sins, for we also forgive everyone who is indebted to us.” Luke 11:4*

## THE MULTIPLIER EFFECT

*Today spend one minute thanking God for helping you to open the door of your heart. Then spend another minute expressing deep gratitude to Him for giving you His compassion for those who have wounded you.*

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*...looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled; Hebrews 12:15*

*Take a moment and go through all the five steps with each person on your list to release everyone from your Heart-Prison and then forgive every single wound, one at a time. On day #20, you'll learn how to be sure you have forgiven everyone for everything!*

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# Asking for God's Forgiveness

## WHAT GOD SAYS

*"Against You, You only, have I sinned." Psalm 51:4a*

## THE MULTIPLIER EFFECT

*With a humble heart, please pray: “Dear God, today I confess to You my sin of unforgiveness, anger, bitterness, slander, resentment, hatred, and vengeance. I am sorry for hurting Your heart. Please forgive and cleanse me from all unrighteousness. In Jesus’ name, Amen!”*

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## Using the Forgiveness Validator

## WHAT GOD SAYS

*Search me, O God, and know my heart; try me, and know my anxieties; and see if there is any wicked way in me, and lead me in the way everlasting. Psalm 139:23–24*

## THE MULTIPLIER EFFECT

*Pray this statement: "Before God, I have forgiven everyone for everything."*

*Quiet your heart and wait on the Lord. If He reminds you of a person or wound you overlooked—forgive immediately. Then pray the Validator again. When God’s peace finally fills your heart and no more people or wounds surface after a moment of silence, then you have forgiven all!*

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## WHAT GOD SAYS

*"You have heard that it was said, 'An eye for an eye and a tooth for a tooth' but I tell you not to resist an evil person. But whoever slaps you on your right cheek, turn the other to him also. If anyone wants to sue you and take away your tunic, let him have your cloak also. And whoever compels you to go one mile, go with him two." Matthew 5:38-41*

## THE MULTIPLIER EFFECT

*Take a moment and jot down on your smart phone or a sheet of paper a few ways vengeance has prevented you from forgiving those who have wrongfully wounded you. Then write down three ways your life and their life would be different if you overcame vengeance with forgiveness.*

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## WHAT GOD SAYS

*So Esau hated Jacob because of the blessing with which his father blessed him, and Esau said in his heart, “The days of mourning for my father are at hand; then I will kill my brother Jacob.” And the words of Esau her older son were told to Rebekah. So she sent and called Jacob her younger son, and said to him, “Surely your brother Esau comforts himself concerning you by intending to kill you.” Genesis 27:41–42*

## THE MULTIPLIER EFFECT

*Look inside the cells in your Heart-Prison. Do you have anyone that you've locked away and thrown away the key? Do you experience comfort in hoping they will suffer greatly for what they did to you? How does God feel about the source of your comfort?*

[illegible]









# How Does God Experience Our Disobedience?

## WHAT GOD SAYS

*"Then those of you who escape will remember Me among the nations where they are carried captive, because I was crushed by their adulterous heart which has departed from Me, and by their eyes which play the harlot after their idols; they will loathe themselves for the evils which they committed in all their abominations." Ezekiel 6:9*

## THE MULTIPLIER EFFECT

*Reflect back on how you felt when the person you loved the most hurt you deeply. Now, think back over your life to the times you sinned and rebelled against your Heavenly Father. Did you ever crush His heart?*

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## How Did God React and Judge Our Sin and Rebellion?

## WHAT GOD SAYS

*For all have sinned and fall short of the glory of God. Romans 3:23*

## THE MULTIPLIER EFFECT

*Throughout today, meditate on your predicament. All of us have sinned and therefore are under the wrath of God. Only by discovering and responding to God's solution can we ever find eternal forgiveness.*

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*But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us. Much more then, having now been justified by His blood, we shall be saved from wrath through Him. For if when we were enemies we were reconciled to God through the death of His Son, much having been reconciled, we shall be saved by His life. Romans 5:8-10*

*If you have never placed your faith in Jesus Christ, now is the moment to do so. Pray, “Dear God, thank you for sending Jesus to die for my sins. Please forgive me for how I have disobeyed and hurt You. I believe Christ died in my place. Please come into my life today as my Savior and Lord. In Jesus’ name, Amen.”*

[illegible]

# How Can God Forgive All

## WHAT GOD SAYS

*"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 your trespasses." Matthew 6:14-15*

## THE MULTIPLIER EFFECT

*Release your heart to rejoice in God's forgiveness of all your sins today. Thank God for His precious salvation through Jesus. Commit to never again practice unforgiveness against anyone - ever!*

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## WHAT GOD SAYS

*"And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your trespasses." Mark 11:25*

## THE MULTIPLIER EFFECT

*Is the circuit breaker of forgiveness that permits God's power to flow through your life missing? If so, will you remove the chain and restore the circuit breaker by forgiving yourself and others? If you do, God's power will flow and prayers can be answered.*

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*But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love. 2 Peter 1:5-7*

*Are there some habits you need to break today that are associated with unforgiveness? If so, why not forgive right now and start rebuilding new life-giving habits!*

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*"The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light."*  
Matthew 6:22

*"Lord help me to forgive myself today and restore my long-lost inner peace and joy!"*

[illegible]

## Stages 1-3 of the Slide of Not Forgiving Yourself

## WHAT GOD SAYS

*"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."*  
1 John 1:9

## THE MULTIPLIER EFFECT

*Why do you think we have such a hard time forgiving ourselves even when we know it will lead us to places we do not want to go? What is it in your deepest heart that you have yet to forgive yourself for? Why hold onto that infection even one more day?*

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*Therefore let him who thinks he stands take heed lest he fall. 1 Corinthians 10:12*

*Which of these stages did you identify with as you read these past devotionals: anger, bitterness, self-slander, resentment, self-hatred, and vengeance toward yourself? Wherever you are on the Slide of Unforgiveness toward yourself, you now know that the next step is even worse. Why not decide to forgive yourself completely right now and leap off that terrible slide!*

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# The Preparation to Forgive Yourself

## WHAT GOD SAYS

*"Prepare provisions for yourselves, for within three days you will cross over this Jordan, to go in to possess the land which the Lord your God is giving you to possess." Joshua 1:11b*

## THE MULTIPLIER EFFECT

*Let your soul smile today, because you have prepared your heart to do something wonderful! In a sentence, express to God your thankfulness for His helping you to prepare your heart to forgive yourself.*

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## Steps 1-2 to Forgive Yourself

## WHAT GOD SAYS

*Therefore if the Son makes you free, you shall be free indeed.” John 8:36*

## THE MULTIPLIER EFFECT

*Today, open your heart and extend compassion to yourself and get ready for steps 3-5 tomorrow.*

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## WHAT GOD SAYS

*This is the day the Lord has made; we will rejoice and be glad in it. Psalm 118:24*

## THE MULTIPLIER EFFECT

*In a sentence, describe how you felt before you completed these five steps. And in a sentence describe how you feel now that you have completed them. Which sentence do you like the best?*

[illegible]



## WHAT GOD SAYS

*As far as the east is from the west, so far has He removed our transgressions from us. Psalms 103:12*

## THE MULTIPLIER EFFECT

*“Dear God, thank you for forgiving me. Will you now open the windows of heaven and pour out your richest blessing upon my life. Fill me with your goodness and mercy, and every good thing you have ordained for my life. I am open to receive it. In the name of your Son, Amen!”*

[illegible]

# The Forgiveness Validator

## WHAT GOD SAYS

*And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account. Hebrews 4:13*

## THE MULTIPLIER EFFECT

*Find a quiet place and use the Forgiveness Validator. Declare: "Before God I have forgiven myself for everything." If there is something you missed, God will show you, and all you have to do is forgive yourself a bit more. When all is uncovered and forgiven, peace and joy will flood your heart.*

[illegible]