

Living in Freedom: Forgiveness = Freedom

Week 8

Symptoms/Consequences of Unforgiveness

- Many people are unable to function properly in God's purpose/calling for their lives because of their hurts and wounds
- It can affect people physically , causing sickness and even death
- Hinders you spiritually, feels like a wall between you and God, making it hard to hear from Him
- Affects many relationships, not just the one suffering from the unforgiveness
- Makes it hard to trust others
- Hard to trust God
- Self hatred, condemnation or being really hard on yourself
- Settling for less than God has for you because you don't think you are worth it
- Depression_
- People pleasing
- Jealousy
- Isolation
- Short fuse/anger
- Strife

3 Types of Forgiveness

Offense towards God

“When angry, do not sin; do not ever let your wrath [your exasperation, your fury or indignation] last until the sun goes down.
Leave no [such] room or foothold for the devil [give no opportunity to him].
Let the thief steal no more.”
Ephesians 4:26- 28 (AMP)

Others

Yourself

“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. Instead, “If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads.” Don’t let evil conquer you, but conquer evil by doing good.”

Romans 12:19-21 NLT

“For I, the LORD, love justice.
I hate robbery and wrongdoing.
I will faithfully reward my people for their suffering
and make an everlasting covenant with them.”
Isaiah 61:8 (NLT)

“But I say, love your enemies! Pray for those who persecute you!”
Matthew 5:44 (NLT)

Self Reflection/Small Groups

1) God, am I holding any offense toward somebody, myself or you? If I am, please reveal it to me and the reasons why.

2) Please show me areas in my life that have been the consequences of this offense.

Speak out loud in personal prayer or during study small group:

1) Recognize that you have been hurt.

I have been hurt by (persons name, your name, or if you are holding offense towards God)

2) Confess your hurt to the Lord.

Lord, I confess that I was hurt when:

3) Finally, verbally let go of the offense.

Jesus, I forgive and let go of any offense I am holding towards:

“Heavenly Father, I let go and release any offense or unforgiveness I may have. Thank You for giving me the ability to forgive, and I allow You to be my justifier and my protector. I willingly release any offense or bitterness that I am holding onto towards _____ (persons name, or yourself, or God). I let it go in Jesus name!”

