

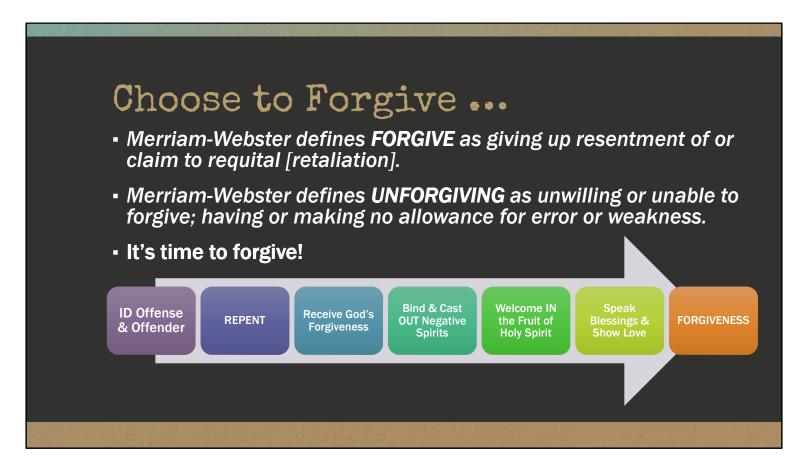
Choose to Forgive ...

 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:32 (NIV)

And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses.
 But if ye do not forgive, neither will your Father which is in heaven forgive your trespasses.

Mark 11:25 - 26 (KJV)



6 Steps in Learning to Forgive

- 1. Identify the offense and the offender. Tell the Lord what they did and how it hurt you, whether they did it deliberately or not. God loves you and cares about your feelings.
 - ²⁹ Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. ³⁰ And even the very hairs of your head are all numbered. ³¹ So don't be afraid; you are worth more than many sparrows. Matthew 10:29-31 (NIV)
- Repent. Ask God to forgive you for allowing the spirit of pride, anger, bitterness, resentment, and strife to reside in your heart and operate in your life. Repent for any actions you may have committed as a result.
 1 John 1:8-10
- 3. Receive the forgiveness of God and choose to forgive yourself.
- 4. Bind and cast out all these negative spirits, along with all of its companions, in Jesus' Name. Release the hurt, guilt, pain, disappointment, and shame that those actions may have birthed in you.

 Matthew 16:19
- 5. Allow the spirit of forgiveness, humility, and the fruit of the Holy Spirit to take its place in your heart. Thank God for giving you His perfect peace that goes beyond all of your understanding, human reasoning, and logic on the matter. Philippians 4:7
- 6. Allow the forgiveness of God to operate through you by:
 - a) Speaking the blessings of God over those who offended you. Literally turn their wellbeing over into the hands of God. It is only God and God alone who can heal the wounded parts of their lives and show them the condition of their souls in the light of His Word. Luke 6:27-28
 - b) <u>Love them</u> whether they apologize or not; whether they acknowledge your feelings or not. Love them with the same unconditional love that Christ loves you. ~ *And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.* Ephesians 4:32 (KJV)