

## Starting Over

### #3: Forgive It

#### How To Release Your Past

**1. Understand the \_\_\_\_\_**  
**Hebrews 12:15** Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

**Psalms 73:21** Then I realized that my heart was bitter, and I was all torn up inside.

**Matthew 18:32-35** Then the king called in the man he had forgiven and said, 'You evil servant! I forgave you that tremendous debt because you pleaded with me. Shouldn't you have mercy on your fellow servant, just as I had mercy on you?' Then the angry king sent the man to prison to be tortured until he had paid his entire debt. "That's what my heavenly Father will do to you if you refuse to forgive your brothers and sisters from your heart."

**2. Understand what \_\_\_\_\_**  
**Romans 12:19** 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.

**3. \_\_\_\_\_**  
**Ephesians 4:31** Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.

- Write out \_\_\_\_\_
- \_\_\_\_\_ to God
- Picture setting them \_\_\_\_\_
- \_\_\_\_\_

**Romans 12:14** Bless those who persecute you. Don't curse them; pray that God will bless them.

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#### **What Forgiveness is Not**

- Forgiveness doesn't mean you are pardoning or excusing the other person's actions.
- Forgiveness doesn't mean you need to tell the person that he or she is forgiven.
- Forgiveness doesn't mean you shouldn't have any more feelings about the situation.
- Forgiveness doesn't mean there is nothing further to work out in the relationship or that everything is okay now.
- Forgiveness doesn't mean you should forget the incident ever happened.
- Forgiveness doesn't mean you have to continue to include the person in your life.
- Forgiveness isn't something you do for the other person.
- Forgiveness does not mean pretending it didn't happen or hiding from it.
- Forgiveness does not mean condoning or excusing a wrong. And it doesn't minimize or justify the wrong. We can forgive the person without excusing the act.
- Forgiveness is not based on the wrongdoer's actions. Even if the other person never apologizes and asks for forgiveness, we should forgive.
- Forgiveness does not mean trust. Forgiveness should be freely given, trust must be earned. trust must be built with consistent truth-telling over a period of time.
- Forgiveness is not about changing the past, it's about changing the future. Forgiveness accepts and addresses the past but focuses on the future. It looks toward a future of healing and hope.

**Ephesians 4:32** *Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.*

**1 Samuel 30:6** *David was now in great danger because all his men were very bitter about losing their sons and daughters, and they*

*began to talk of stoning him. But David found strength in the LORD his God.*

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\*Eph 4:26 – In your anger do not (Be angry and do not sin) – You can be angry and not sin. Do not let the sun go down while you are still angry.