

Broken
How To Forgive The Wounds Of Your Past

1. Understand the _____

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

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.*

Read Matthew 18:32-35

2. Understand _____

Forgiveness is canceling a debt from your past by transferring justice to God

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.*

a) Be honest about _____

b) Remember what _____

Genesis 50:20 *You intended to harm me, but God intended it all for good.*

c) _____

d) Picture setting them free _____

e) Start to _____

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

What Forgiveness is Not (Author Unknown)

- 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.

Father. I'm really hurt by what they did, but I forgive them. I am transferring justice into your hands. You do what is right. They don't owe me this debt anymore. Thank you that you will bring good out of this somehow.