

Peniel Goes To The Movies
How To Forgive The People Who Hurt You

1. Understand the _____

Matthew 18:34-35 *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. _____ the person

Luke 15:11-32...*The story of the prodigal son*

3. _____

Psalms 34:18 *The LORD is close to the brokenhearted and saves those who are crushed in spirit.*

Key: _____ about the pain

4. _____

Key: Forgiveness is transferring _____

1 Peter 2:23 *He did not retaliate when he was insulted, nor threaten revenge when he suffered. He left his case in the hands of God, who always judges fairly.*

Mark 11:25 *But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too.*

5. _____

Luke 6:27-28 ... *do good to those who hate you, bless those who curse you, and pray for those who mistreat you.*

Key: Ask God to _____

Proverbs 17:9 *Love prospers when a fault is forgiven, but dwelling on it separates close friends.*

Forgiveness is letting go of all hopes for a better past

I don't like... _____

How To Journal About Your Pain

*Start with the facts.

- Who did it?
- What happened?
- When did it happen?
- How did it happen?

*Use an emotions chart and answer these questions:

- What am I feeling? Write that down
- Why am I feeling this way? Write out your answers (Google "Chart of emotions")

*What do I learn from this?

- How would God want me to respond to this?
- What can I ask God for in this situation?
- What good might God bring out of this?

Prayer: God this really hurt. I want to get even. But I choose to forgive them. I'm evening the scales in my mind and transferring this debt to you. They owe me no debt from this day forward. They owe it to you. You do what is just.

3 Steps toward Reconciliation

- 1) Demonstrating genuine repentance
- 2) Restitution where and when possible
- 3) Rebuilding trust. Rebuilding trust takes time

1. Forgiveness has to do with the past. Forgiveness is not holding something someone has done against her. It is letting it go. It only takes one to offer forgiveness. And just as God has offered forgiveness to everyone, we are expected to do the same (see Matthew 6:12&18:35).

2. Reconciliation has to do with the present. It occurs when the other person apologizes and accepts forgiveness. It takes two to reconcile.

3. Trust has to do with the future. It deals with both what you will risk happening again and what you will open yourself up to. A person must show through his actions that he is trustworthy before you trust him again (see Matthew 3:8; Proverbs 4:23).