



Father Heart of God

# Forgiveness



# What is forgiveness?

A dictionary definition:

- ♦ To give up resentment against or the desire to punish
- ♦ To pardon
- ♦ To overlook an offense
- ♦ To cancel a debt

# How do we know.....

...when we need to forgive?

- ♦ What do you talk about ?
- ♦ Are you rehearsing the injustices ?
- ♦ What are you whining about to God ?
- ♦ Does the filing cabinet of offenses keep coming up?

# FACT:

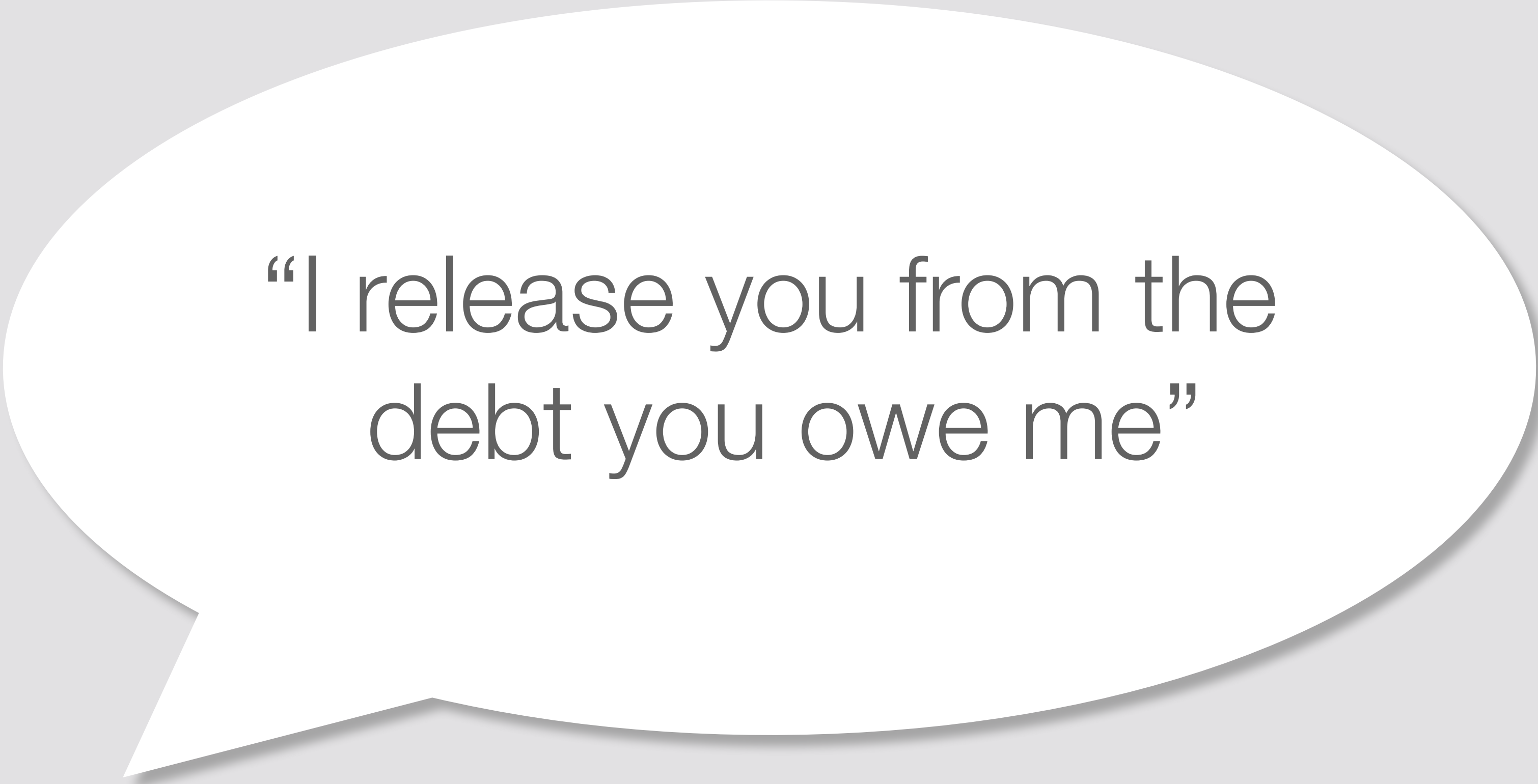


The more we get hurt by life, the more we become critical, judgmental and negative, unless we choose to forgive!

# What forgiveness is ~~NOT~~:

- ♦ Not approval of what was done
- ♦ Not denying what was done
- ♦ Not forgetting
- ♦ Not refusing to take the wrong seriously
- ♦ Not pretending it didn't hurt

# Forgiveness is simply saying:



“I release you from the  
debt you owe me”





# Do not JUDGE!

Do not judge, lest you be judged. For in the way you judge, you will be judged; and by your standard of measure it will be measured to you.

Matthew 7v1-2 NASB

# Warning:

The second we step into judgment, we step away from grace and mercy.

If I want justice for you, then I get justice for me!

# The Law of Sowing and Reaping:

Do not be deceived, God is not mocked; for whatever a man sows, this he will also reap.

Galatians 6.7-8 NASB

Don't pick on people, jump on their failures, criticize their faults - unless, of course, you want the same treatment. Don't condemn those who are down; that hardness can boomerang. Be easy on people; you'll find life a lot easier.

Luke 6:37 The Message

Give away your life; you'll find life given back, but not merely given back - given back with bonus & blessing. Giving, not getting, is the way. Generosity begets generosity.

Luke 6:38 The Message



---

JUSTICE IS GOOD, BUT MERCY IS BETTER.

---





TO FORGIVE IS TO SET THE  
PRISONER FREE, AND THEN  
REALIZE THE PRISONER WAS  
YOU!





# Who do we need to forgive?

- ♦ Everyone!
- ♦ People who have hurt or offended you
- ♦ Yourself
- ♦ People who have hurt a loved one (Picked up an offense)
- ♦ Thoughts against God

Mercy triumphs over judgement.

James 2:13 NASB

# Forgiving Others:

Thank you Jesus for dying in my place that I might be forgiven. By an act of my will I now choose to forgive those who have hurt me or sinned against me.

I forgive \_\_\_\_\_, for \_\_\_\_\_ (be specific as to what you are forgiving the person for).

I give to \_\_\_\_\_ (name) the gift of unconditional forgiveness. He/She owes me nothing. I entrust them to you, God. I bless them in your name.

Lord, I ask you to forgive me for my ungodly response to the offense and the pain. I have judged others with wrong attitudes and words and in bitterness and anger (be specific). I ask you now to forgive me for my ungodly and sinful responses ..... (Speak out the ungodly ways that you have responded to the pain the people have caused you.)

Forgive me for these and any other sinful, hidden things in my heart that have given the enemy legal rights to torment me. I choose to repent of these ungodly and sinful responses and practices.

Thank you Jesus that I am forgiven, and you are setting me free. I ask you to come and move powerfully in my life to change me.

# Forgiving Yourself:

Thank you, Father, for the cross and for forgiving me all my sin. I choose now to forgive myself for \_\_\_\_\_ (be as specific as possible). I will no longer hold these things over my life but free myself from them. In Jesus' name.

# Releasing God:

Please forgive me, Lord, for blaming you and judging you for what others have done to me. I need to speak out the words “I release you, Father” for those things my heart has held against you (be specific). Thank you for loving me and promising to set me free. Amen.