

FORGIVENESS

Worksheet

4 His Beloved

with Lisa Cook

How do I forgive?

1. Remember no one is perfect. Offenses are a part of life in a broken, fallen world. (Romans 3:23)
2. Remember forgiveness is a choice. You have been given the authority and power to forgive but it must be deliberate. (John 20:22-23)
3. Identify the offense(s) Write it out, put a name to it and acknowledge it for what it is. Nothing more, nothing less.
4. Talk to the Lord about the offense(s) and how you believe it has harmed you. It can also be helpful to talk this through with a trusted, Spirit filled, friend for the purpose of bringing some clarity and accountability. Do not turn this into a gossip session.
5. Then according to the authority, you have been given in Christ state out loud that you are releasing this person of the offense. (John 20:22-23) The power of the Holy Spirit will follow the authority of Christ to enable you to do what He has commanded- forgive from the heart.
6. Declare aloud that you believe God will redeem what has been stolen or damaged. From this day forward, you will look to His redemption and not to the offender for payment. (Isaiah 43:1)
7. Pray specifically for the offender and if you have the opportunity **do** something to bless them. This action of faith will seal the work of the Spirit in your heart. (Matthew 5:44 & Romans 12:14,17-21)

What forgiveness doesn't mean:

- Does not mean you will "feel" forgiveness for the offender initially. Your feelings will line up as God heals the hurt. Healing begins with forgiveness and is a process that requires renewing the mind.
- Does not mean you trust the offender. Trust and forgiveness are distinctly different. Reestablishing trust requires you to first forgive but forgiveness does not require trust. Forgiveness can be entirely one-sided but trust requires the involvement of both parties.

Note: The Lord desires reconciliation whenever possible (see: Mathew 5:9 & Colossians 3:12-15)

- Does not mean you automatically communicate your forgiveness to the offender. Communicating forgiveness should be reserved for when the offender has confessed and asked you to forgive them. (Luke 17:3)
- Does not mean we fail to honor the judicial system when a crime has been committed. (Romans 13:1)

What to do in the days to come...

- The enemy will try to bring the offense(s) back into your remembrance for you to grab onto and rehash. Choose to take any accusatory thoughts captive and declare... "This has been redeemed by the blood of Jesus - I have already forgiven them!" Then begin to thank God for His victory in your life, His plan for your future, His heart for the broken and lost... If you stumble, repent so as not to give the enemy a foothold. (Ephesians 4:
- Make a deliberate decision to pray regularly for the well-being of the offender until you sense God has released you from this season. (Matthew 5:44)
- Do NOT gossip, share or talk about the offense or offender. Don't bring it up- resist the temptation. Once you have had time to walk-in true authentic forgiveness and the emotion of it no longer has a grip on you, you may have opportunities to testify about God's faithfulness. But this should be reserved for when you know healing has taken place, the peace of God is reigning in your heart and you can clearly identify the redemptive work of God.

Scriptures to meditate on:

The Lord our God is merciful and forgiving, even though we have rebelled against him. **Daniel 9:9**

"You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your own people, what are you doing more than others? Do not even pagans do that? Be perfect, therefore, as your heavenly Father is perfect. **Matthew 5:43-48**

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. **Matthew 9:14**

And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins. **Mark 11:25**

If your brother or sister sins against you, rebuke them; and if they repent, forgive them. Even if they sin against you seven times in a day and seven times come back to you saying, 'I repent,' you must forgive them." **Luke 17:3-4**

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. **Colossians 3:13**

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. **Ephesians 4:31-32**

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. **1 Corinthians 13:4-6**

"Father, forgive them for they do not know what they are doing" **Mark 11:25**