

SIX STEPS TO FREEDOM THROUGH FORGIVENESS

- 1. Humble myself by confessing my bitterness as sin (Eph 4:31, Col 3:13).**
 - 2. Remember how much God has forgiven me (Matt 18; Eph 1:7; Eph 4:31,32; Col 1:14; Col 3:13)**
 - 3. Let go of the sin against you and hold on to forgiving the person.**
 - 4. When you remember the sin against you, remember steps one through three.**
 - 5. Thank God for the good he can produce from this situation.**
 - 6. When needed . . . repeat steps one through five.**
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- 1. Humble myself by confessing my bitterness as sin (Eph 4:31, Col 3:13).** Pride often blinds our minds and our hearts to our sin as we focus and think about obsessively on the wrong of the other person against us. We can easily try to become “god” in this person’s life. As “god” we won’t forgive, we want payment now, we want judgment, we want punishment. This is a dangerous way to live. God never designed us to occupy His throne. We aren’t big enough and we just don’t fit!!
 - 2. Remember how much God has forgiven me (Matt 18; Eph 1:7; Eph 4:31,32; Col 1:14; Col 3:13).** Right now calculate just one sin a day for the number of years of your life. How many sins did you arrive at? That is a big number with just one sin a day. What if you have sinned two or three or perhaps four times a day? How big would that number be?
 - 3. Let go of the sin against you and hold on to forgiving the person.** In real space, real time, in a memorable way – forgive. Let the sin go. Remember the words of the Lord Jesus from the cross, “Father, forgive them.” If the Father has forgiven the person and if the Lord Jesus has forgiven the person, how could I not forgive? Am I better than both the Father and the Son?
 - 4. When you remember the sin against you, remember steps one through three.** It is impossible to forgive and forget. An all-knowing, all-remembering God cannot “forget” our sins but He does not *hold* our sin against us due to the payment of Jesus Christ on the cross. If we continue to remember the person’s real or imagined sin against you, the offense becomes bigger and worse the more we rehearse it. We are creating a Frankenstein’s Monster that will control us. So, when reminded of the sin or perceived sin against you, constantly mentally rehearse steps one through three.
 - 5. Thank God for the good he can produce from this situation.** Romans 8:28 says that all things work together for good to those who love God, to the called one according to His purpose. In the context of the passage “God’s purpose and the good” means we will be and are being conformed to being like Jesus Christ. Who died to make forgiveness possible? Who is the most forgiving? Since Jesus Christ is forgiving and I am forgiving, this means I am becoming like Him. Is there anything better than becoming like Him? If so, how could I not say “Thank you to the Father” for the situation?
 - 6. When needed . . . repeat steps one through five.** The main point is

Live a life of forgiveness! Live a life of freedom!

RESOLVING THE EMOTIONS SURROUNDING A HURTFUL AND SINFUL EVENT

- 1. Aim your thoughts away from the offender and toward the Lord. Psalms**
David did this many times in the book of Psalms.
- 2. Acknowledge your hurt and pain to the Lord.**
- 3. Allow the compassion, sympathy, and grace to help of your High Priest, the Lord Jesus to overwhelm you.**
Heb 4:12
- 4. Accept the Holy Spirit as your Comforter. John 14-16, 2 Cor 1**

A SHORTER VERSION

- 1. Run from the sin and to the Lord.**
- 2. Walk with the Lord in changing your mind and your emotions.**
- 3. Sit with the things that God has allowed to be stirred up in your heart and see His purposes.**