

SET FREE MINISTRIES

# FREEDOM *according to* JESUS



Session 6

## Forgiveness

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# 6 Forgiveness

## **Tremendous Freedom is Found in Forgiveness**

**The cross of Jesus reveals to us the greatness of God's love and the power of forgiveness.**

And forgiveness to others needs to come from the heart. When you allow forgiveness to flow through you towards others, it's a powerful thing and it's amazing how quickly things can turn around.

One of the most common barriers that block, — that absolutely stonewalls us from receiving any kind of healing, be it emotional healing, physical healing and spiritual healing is the issue of un-forgiveness.

### **Darkness is unleashed in unforgiveness**

Many have become numb to the unleashing of darkness that comes out of un-forgiveness, how its able to bring so much of our lives and the lives of others to a grinding halt when we just let un-forgiveness hang out there, unattended.

Many assume that they can keep short accounts, just push it aside, press on with un-forgiveness, this whole thing of “ out of sight out of mind ”, until someone pushes a button.

However, if we come to understand that un-forgiveness, be it from past hurts and anger, if not dealt with, will only lead to knee jerk reactions that sends us into the arena of hard feelings.

When stuff like this starts to surface, we soon discover that some house cleaning is in order.

When you forgive, the chains of resentment and bitterness have no legal right to surface.

Those hard feelings eventually disappear! It can happen instantly, and for others it may be a bit of a process.

Those two drama queens no longer have legal ground to continue their personal uprising and usurping within, because through forgiveness those ugly roots have been pulled out.

When we forgive others, there is a freedom where we are no longer shackled by reactive feelings.

## **Symptoms of Un-forgiveness in Our Lives**

I feel **angry** a lot of the time.

I **avoid** certain people.

I **haven't spoken** to certain people in a long time.

I have a lot of **negative memories**.

I **can't remember** much about some of my history.

I have **secretly wished** that some people would just disappear.

I **don't like to talk** about certain subjects.

I **daydream** about how to get even sometimes.

### **Grab a pen and Paper**

So on that piece of paper, make a list of the people whom you have hurt, including those who have hurt you. Also include any persons that you may still have hard feelings towards.

Take your time and be thorough with your list!

# We Need to Forgive to be Free

We need to forgive others in order to be free from our pasts and to prevent the adversary and his fallen angels and all his motley bunch of minions from taking advantage of us by having all the legal ground to turn up the heat on any un-forgiveness that we may have hanging out there!

## **2 Corinthians 2:10-11**

Paul clearly lays out that whomever you forgive, I forgive also. And if I forgive, I forgive for your sakes, lest Satan take advantage of us through unforgiveness. For his devices are not unknown to us, — and he will take advantage of us.

How can unforgiveness move those dark forces to take advantage of us? Un-forgiveness is contagious and can influence our perspective, our attitudes, our speech and our conduct towards others, and in turn, their conduct towards us.

When we walk in the Holy Spirit, the fruits of the Spirit follow. Those being, love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. With unforgiveness, in time, what gets added is: hurt, anger, jealousy, resentment, strife, bitterness, hatred and envy. These eventually all come through the doorway of unforgiveness.

Which is why in **Hebrews 12:15** it says,

See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many.

It's the whole reaction to the defiling action that causes it to spread like wildfire. If we do not deal in a timely manner with our unforgiveness and judgment it may eventually turn into bitterness.

This can eventually lead to resentment, retaliation, anger, hatred, and abuse, – physical abuse, mental abuse, and verbal abuse.

## **Unmerciful Servant**

Harboring chronic unforgiveness can open us up to constant inflicting of impressions and thoughts influenced through the demonic as “mental pop-ups” which may be what Jesus was referring to in his “ Parable of the unmerciful servant ”

### **Unmerciful Servant Parable**

#### **Matthew 18:23-35**

Therefore, the Kingdom of Heaven can be compared to a king who decided to bring his accounts up to date with servants who had borrowed money from him.

In the process, one of his debtors was brought in who owed him millions of dollars. He couldn't pay, so his master ordered that he be sold, — along with his wife, his children, and everything he owned, — to pay the debt.

But the man fell down before his master and begged him, ‘Please, be patient with me, and I will pay it all. Then his master was filled with pity for him, and he released him and forgave his debt.

But when the man left the king, he went to a fellow servant who owed him a few thousand dollars. He grabbed him by the throat and demanded instant payment. His fellow servant fell down before him and begged for a little more time. ‘Be patient with me, and I will pay it,’ he pleaded.

But his creditor wouldn't wait. He had the man arrested and put in prison until the debt could be paid in full. When some of the other servants saw this, they were very upset. They went to the king and told him everything that had happened.



Then the king called in the man he had forgiven and said, “You evil servant! I forgave you that tremendous debt because you pleaded with me.

Shouldn’t you have mercy on your fellow servant, just as I had mercy on you?” Then the angry king sent the man to prison to be tortured until he had paid his entire debt.

Jesus said: “ That’s what my heavenly Father will do to you if you refuse to forgive your brothers and sisters from your heart.”

Failing to forgive can leave you with a reservoir of unresolved feelings and thoughts where darkness can stir it up and provoke when the time is right.

## **How Many Times are We to Forgive People?**

**Jesus says:** Continually!

Then Peter came to Jesus and asked, “ Lord, how many times shall I forgive my brother when he sins against me? Up to seven times? ” Jesus answered, “ I tell you, not seven times, but seventy-seven times.” — **Matthew 18:21-24**

It’s all about keeping darkness at bay, it has no legal access towards you and all the other parties involved.

“And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses.” — **Mark 11:25**

“ Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” — **Ephesians 4:32**

# **Obstacles to Forgiveness**

## **No justice factor**

“Why should I let them off the hook?” We want revenge for the wrong suffered, — but we are told never to seek out our own revenge.

You let them off your hook, but they are never off God’s!  
You can be sure that God will deal with these people.

## **Power**

By holding your anger inside of you, it can give you a false sense of power; a false sense of being in control over the person you are angry with.

You are going to live with the consequences of unforgiveness whether you want to or not.

You can choose either to live in the consequences of unforgiveness from a place of bitterness and bondage or in a place of freedom according to Jesus that forgiveness brings.

## **Too painful**

Some of you may have some shocking memories and feel that you’ll go off in the deep end if you let those memories come to the surface.

Remember, – you are living with the consequences of those hidden memories whether you recognize them or not.

Some of those memories may rattle you to the core. If this is you, don’t fear. Holy Spirit will help you get through it. You will not be alone in the process.

Don't wait to forgive until you feel like it, — because that may never happen. Feelings take time to heal after the forgiveness takes place. Waiting to feel good is like putting the cart in front of the horse.

Remember, when there is un-forgiveness in our hearts we build up a huge “slush-fund” of pain, which then causes anxiety and eventually may lead to emotional, or physical reactions that become drastic. And with that slush fund building up long enough, — it will eventually create all types of mental illness.

You need to realize that the adversary is pulling all the necessary strings behind the curtain to get his little minions to heavily influence you to walk in destructive behavior as it convinces you that you have all the rights to not forgive.

## **How Do We Actually Release Forgiveness that Comes from Our Heart?**

First we must be honest with ourselves and towards others. How much did it hurt? How deeply do I hate?

Forgiveness that does not touch the place of emotion is in most cases, incomplete.

Forgiveness from the heart touches so many areas that having no emotion is very rare. Holy Spirit plays His part by bringing it to the surface.

If we trust God to bring the pain to the surface, He can deal with it once and for all where you are able to totally walk away from it.

Forgiveness is crucifying the instinct for revenge – ( I wanna hurt you right back because you hurt me. )



Forgiveness is releasing people from my jaded judgment into God's perfect judgment.

Forgiveness has taken place when we sincerely wish someone good and not harm or when we can talk about a person or the past without hard feelings.

Forgiveness releases us from bondage and hatred or being in an unhealthy emotional reaction to those who have harmed us.

It doesn't, however, mean we are obliged to reinstate trust to the untrustworthy, — trust must be earned.

## **Actual Events/Reasons that Caused Un-Forgiveness**

### **You hurt me:**

When you crossed my boundaries bigtime!

When you were totally disrespectful and insensitive!

When you said something that was way out of line!

### **You surfaced in me:**

Disappointment, Impatience, Defensiveness, Uneasiness,

### **I'm was hurt when:**

You didn't keep things confidential!

You gossiped and misrepresented me!

You embarrassed me in front of everybody!

You completely handled that situation so unfairly!

You lied to me!

### **I now find myself feeling:**

Dishonored, Hurt, Ashamed, Overlooked, Unvalued

**My heart was broken when:**

You encouraged malicious gossip!  
You were harshly critical of me!  
You withdrew your love for me!  
You bitterly betrayed me!  
You made a public spectacle of me!

**I hurt all the time because:**

Of your hateful words echoing in my thoughts all the time!  
I feel utterly betrayed by you!  
I constantly feel revengeful towards you!  
Hatred towards you makes me feel good!

**I'm traumatized because:**

I have gone through childhood suffering because of you!  
I have suffered emotional, and physical abuse because of you!  
I have had huge losses in my life because of you!

**All consuming pain:**

I am consumed by self-pity because of you!  
I have a tough time trusting people because of you!  
I walk with fear and anxiety because of you!  
I battle with anger and rage because of you!  
Feelings of depression hit me easily now because of you!

**Forgiveness is not an option**

For the Christian, forgiveness is not an option; however our response to injustice can vary according to the seriousness of the offence. The chart on the following page may help us identify areas of un-forgiveness in our lives.

## **Preparing for Prayer**

We are going to go into a group prayer; but before we do, this is a good time to allow Holy Spirit to complete that list of forgiveness. With the list completed, we will then go into prayer. At the end of that prayer, I want you to place that list before the Lord. And then I want you to take a deep breath and then just breathe out and wait upon on the Lord. Let the Holy Spirit come upon you and minister to you. Once you feel Him pressing into your spirit, welcome Him in.

## **Prayer for Forgiving Others – Repeat After Me**

Holy Spirit,

Saturate my mind and direct my thoughts. Help me release the hurt and help me begin to love as Jesus loves. Help me demonstrate unconditional love through forgiveness today, Help me to see those who have offended me through your eyes Jesus.

Jesus, your love is unconditional. Your desire is that we walk in the love that you exemplified. Forgive me where I have walked in unforgiveness. Help me to forgive those who walked in unforgiveness towards me. Help me to forgive even those who have hurt me including those that I still have hard feelings towards. Help me to walk in your great love Jesus.

Jesus, I now pray that every legal right that has gripped my life, because of unforgiveness, be broken off me now. Forgive me Jesus, where I have engaged with unforgiveness! May your love come upon me now!

### **Short Prayer to Forgive Yourself**

Jesus, I also ask for forgiveness of all the negative and harmful words I have spoken about myself. Transform my thoughts and let me understand how marvelously you have made me. Change my habits so that I would speak hope and favor upon my life, — In Jesus' name.