

# WHAT IS FORGIVENESS?

## FORGIVENESS IS NOT:

- ...based on feelings
- ...pretending you weren't hurt
- ...saying it was OK
- ...trusting again
- ...forgetting
- ...taking away consequences

## FORGIVENESS IS:

- ...a command
- ...a decision of the will
- ...a lifestyle
- ...transferring judgement from us to God

***“FORGIVENESS is giving up my right to want to hurt you for hurting me.”***

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## HOW DO WE FORGIVE?

1. Acknowledge the hurt/pain etc.
2. Recognise it starts with the WILL TO FORGIVE
3. Ask the Holy Spirit to bring to your mind:
  - who you need to forgive
  - the emotions tied to unforgiveness
4. Pray:
  - “Father, I feel \_\_\_\_ about \_\_\_\_”. (Give the details)
  - “Father, I give these feelings of \_\_\_\_ to you. I release them to you now.
5. Pray:
  - “Father, I forgive \_\_\_\_ for \_\_\_\_\_. And I release him/her/them to you now.
6. Ask the Holy Spirit to show you where you need to be forgiven by
  - God
  - Others
  - Yourself
7. Thank God for freedom for yourself and for those you've forgiven.

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