



Breathing Hope into
Your Relationships:
Process of Forgiveness
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Forgiveness always comes at a **PRICE / COST** . It was not fair that Jesus paid for our sins, but that was the heart of the Father. Now we forgive others – “just as” he has.

FORGIVENESS IS A PROCESS and A CHOICE.

“Don’t sin, by letting anger gain control over you. Don’t let the sun go down while you are still angry, for anger gives a mighty foothold to the Devil... do not bring sorrow to God’s Holy Spirit by the way you live...Get rid of all bitterness, rage, anger, hard words, and slander, as well as all types of malicious behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.” Ephesians 4:26-32

Anger / Hurt, without forgiveness, can gain control over you.

**The problem with anger is not experiencing it;
The problem with anger occurs when we carry it with us.**

An Angry person is a hurt person

The only thing that costs more than forgiveness is **UNFORGIVENESS**.
For if you forgive men when they sin against you, your heavenly Father will also forgive you. ¹⁵But if you do not forgive men their sins, your Father will not forgive your sins.”
Matthew 6:14-15

The Decision: “Get rid of all...” Question - Do I want to get rid of it?

The Cure: “Forgiving one another...”

The Context: “Just as...” – This is the KEY to getting rid of the anger

Process of forgiveness:

Allow the Holy Spirit to guide you through this process... it may take time

IDENTIFY with whom you are angry, this may not be as easy as you think... we often carry old hurts into new relationships. This often takes the revealing power of God through listening prayer. Take a paper and pen and seek God. Do not rush.

There is legitimate Anger / Hurt and there is Illegitimate Anger / Hurt

DETERMINE what they owe you, what have they taken? Be as specific as possible, name the core heart issue. Write it down.

CANCEL the debt that we have held them to, they can’t repay. This is a choice. If you have the desire to be free, forgive. The God will change your heart, you must just be obedient to the process.

DISMISS the case. This will be a repeated declaration whenever the painful memories come back. “I have forgiven, it is finished,”

Sample Prayer to Cancel the Debit: Heavenly Father, _____ has taken _____ (list everything) from me. I have held on to this debt long enough. I choose to cancel this debt, _____ doesn’t owe me anymore. Just as you forgave me, I choose to forgive _____ in obedience to you.

Questions for Discussion:

Why do you think forgiveness so difficult?

Have you experienced anger or hurt gaining control over you? If yes, what are some of the ways it impacted your behavior?

Can you think of examples in your life of experiencing legitimate vs illegitimate anger / hurt?

How is the process of forgiveness helpful or not helpful?

Do you think there is some forgiveness processing you need to go through?