



# \_\_\_\_ TWO MAJOR CAUSES of \_\_\_\_ EMOTIONAL **WOUNDS** and SPIRITUAL



FAILURE *to* **RECEIVE,**  
**UNDERSTAND,**  
*and* **LIVE OUT**  
God's unconditional  
grace *and* forgiveness



FAILURE *to* **GIVE OUT**  
*that* unconditional love,  
forgiveness, *and* grace  
*to* **OTHER PEOPLE**



# RECEIVING

— *and fully experiencing* —

## God's Forgiveness

1. Confession
2. Repentance
3. \_\_\_\_\_
4. \_\_\_\_\_

Is there anyone in your life who could be, or who currently is, an accountability partner?

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Is there anyone in your life to whom you need to make restitution? If so, whom, and what actions do you need to take?

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# GIVING Forgiveness

*"Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many" (Hebrews 12:15 NLT).*

- 1. Ask God to give you His supernatural mindset.**
- 2. Make an act-of-your-will pronouncement of forgiveness.**

*"Lord, today I choose to forgive \_\_\_\_\_ for \_\_\_\_\_. It's not easy and it doesn't feel good, but I do it as an act of obedience to You and to honor how you forgive me. I am not demanding justice or exoneration for them – I'm simply taking myself out of the mix and trust that You will deal with them the way You think is best"*

- 3. Treat your offenders the way Jesus treated His.**

*"But I say to you who hear, love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you. Love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for He Himself is kind to ungrateful and evil men" (Luke 6:27-28, 35).*



# Forgiveness

takes action. Merely thinking about forgiving someone is not the same as going through with a decision to forgive. It's not likely you will typically feel like forgiving someone who has hurt you. But you must make a choice to do so as you recognize that by forgiving others, *you set yourself free.*

## STEP 1

On the next page, take a few minutes to write down the names of those people you need to forgive. It won't be easy, but it is necessary. Write down each name, followed by one or two bullet points describing what you need to forgive that person for doing.

## STEP 2

On the back of the page, write down the actions or events in your life that you need to forgive yourself for doing. You may not feel like you can write it down, but try. Forgiveness starts with a decision. The feelings will follow.

## STEP 3

After you finish writing on both sides, cut or tear out the page along the dotted line. Now it's time to let it go! Your group leader will give you further instructions.

### THIS WEEK'S CHALLENGE

Write the names of any people whom you need to forgive in the *My Journal* section at the beginning of this chapter. Every day for the next week, make a "pronouncement of forgiveness" (as we discussed earlier) over each of the people whose names you wrote, including yourself, if applicable.

CUT OR TEAR HERE

WHOM DO I NEED TO FORGIVE?

WHAT DO I NEED TO FORGIVE  
THEM FOR DOING?

WHAT DO I NEED TO FORGIVE  
MYSELF FOR DOING?

CUT OR TEAR HERE