

# THE FREEDOM OF FORGIVENESS

PROCESSING THE ISSUES OF YOUR HEART WITH THE LORD

# PART 1 : OFFENSE / HURT / LOSS

grab your journal, get in a quiet place, and first become still before the Lord. Invite the Holy Spirit into this time.

**Prayer :** “Holy Spirit, thank you that you are always with me and you never leave me. I pray that you would speak into, guide, lead, and comfort me in this time of processing, that you would help reveal the places that have been hidden and empower me to forgive. I ask that you would meet me here supernaturally, Lord, Amen.

## WHO OR WHAT HAS OFFENDED OR HURT YOU? OR.. WHO OR WHAT HAVE YOU LOST?

Begin by identifying one area of offense, trauma, hurt or loss in your life.

(a) List a specific offense or hurt, and the person(s) involved:

- People who have rejected you in some way, and how
- People or situations where you have been violated or abused
- Conflicts involving family, friends, work, church or others
- Divorce or Separation

# PART 2 : Pour Out Your Heart

“I cry aloud to the LORD; I lift up my voice to the LORD for mercy. I pour out my complaint before Him; before Him I tell my trouble.” Psalm 142:1-2

*\*\* Journal freely whatever comes to mind. God is not offended by your honesty -- your honesty is what invites Him in to heal & bring restoration. What is in must come OUT and pass THROUGH. \*\**

(a) Pour Out Your Heart to The Lord.  
Write exactly how you feel.

*“Lord I feel ... “*

(b) Express your unmet desires to the Lord.

*“Lord, this is what I’m disappointed or upset about, or wish would have happened (or not have happened)...”*

The following is a list of words to help you identify your past and present feelings in relationship to your specific offense, hurt or loss.

Abandoned	Guarded	Rage
Angry	Guilty	Rejected
Anxious	Hate	Resentful
Betrayed	Helpless	Sad
Bitter	Hopeless	Shamed
Consumed	Inadequate	Stuck
Condemned	Inferior	Stupid
Depressed	Insecure	Tolerated
Dirty	Jealous	Trapped
Distrustful	Judged	Ugly
Dumb	Lonely	Unclean
Erased	Manipulated	Unloved
Failure	Not Valued	Unprotected
Fat	Out of Control	Unwanted
Fearful	Powerless	Used
Worthless	Voiceless	Victimized

# PART 3 : Physical *Release*

“But I will call on God, and the LORD will rescue me. Morning, noon, and night I cry out in my distress, and the LORD hears my voice.” Ps. 55:16

*\*\* the Lord is WITH you. This is not emotion outside of Him, nor does he disapprove of this emotional release. He has designed your emotions with purpose, and in this place they are healing to be felt, and released. \*\**

At this point, you may feel tightness in your chest, heat in your face, a closing in your throat, racing heart -- these are all manifestations of emotion rising to the surface to be expressed so they can come out instead of stay in.

(a) Take a moment to be still, close your eyes, and feel what is happening in your body. Identify areas you may feel this emotion rising up, and let it out. Give yourself space to cry, and let it all come out. Stay in this place, don't rush it, let what comes through be released. If you don't feel anything rising up, pause any way and give your body permission to feel. If nothing comes up, continue on and honor the emotion when it does present itself.

(b) If you feel the need to physically release anger, find a cushion or bed and punch it (as weird as it sounds/feels, your body is desiring a physical release). You may even feel the need to scream, your lungs store grief so release into a pillow or if you're in a desolate place, a scream. Often tears come after this, or vice versa. This is *healing*.

(c) Once the emotion passes through, and you begin to calm, close your eyes and ask the Lord to give you a vision/picture in your mind of His response toward you and His nearness to you in this

# PART 4 : Response

“See if there is any offensive way in me, and lead me in the way everlasting.” Psalm 139:24

*\*\* Journal freely whatever comes to mind. \*\**

## HOW HAVE YOU RESPONDED TO THIS SPECIFIC OFFENSE, HURT OR LOSS?

(a) What have you said or thought in response to this offense, hurt or loss? This may include things that you have said or thought about the person involved, yourself, God, or the situation.

(b) What have you done in response to the offense, hurt or loss?

(c) What have you decided?

Include any judgments and vows you have made regarding the offending person, yourself or God, or the loss you have experienced.

# PART 4 : Response

“”See if there is any offensive way in me, and lead me in the way everlasting.” Psalm 139:24

(a) Express your current desires to the Lord.

Lord, I desire...

(b) Close your eyes and ask the Lord to speak to you about who He wants to be for you in this.

Take time to listen, feel, or hear what He might have to say. You may get a word, a picture, or He may begin to speak in a different way - simply wait on Him to reveal Himself.

(c) Ask the Holy Spirit for His perspective on the situation, and what His heart is for this person or loss.

Ask the Lord to meet you and bring supernatural grace and transformation to your heart for this situation.



# PART 5 : Empowered to Forgive

Please read Matthew 18:21-35 about the parable of the unforgiving servant, & the whole chapter of Luke 23 - ask the Lord to speak to you and journal what these verses spoke to you.

(a) Take responsibility for your sinful responses.

*“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”*

*1 John 1:9*

“Lord, would you please forgive me for my sinful response in heart, mind, and deed. For \_\_\_ decisions I made, for \_\_\_ I had said, and for \_\_\_ I had done.”

(b) For the decisions/vows you made (ex. I will never talk to them again, I will never be like them, I will always feel \_\_ way) **repent of each, and replace them with truth** (Lord I bless \_\_ person, I thank you that you have made me brand new by the blood of Jesus, I thank you that you have forgiven me and will lead me in righteousness)

(c) **Choose to forgive and release the person who has offended or hurt you.** Write out your prayer to the Lord expressing your decision to forgive. Include the specifics of those hurts or offenses and how they have affected you in the past, are affecting you in the present, and may affect you in the future.

(d) **Declare to the Lord:**

“I cancel the debt! For my sake, they owe me nothing!”

# PART 5 : Empowered to Forgive

## EXAMPLE

(c) Choose to forgive the person who has offended or hurt you.

LORD, I choose to forgive & release my dad for the way he neglected me emotionally and physically, put work above me and our family, and consistently made me feel like I was unimportant and worthless. I choose to forgive and release him for every moment of manipulation and abuse, and I release any grudges or desire for revenge to you. I choose to forgive my dad for the ways he has, the ways he continues to, and the ways he will hurt and offend me. I release my dad to you entirely, and I ask that you would restore freedom and healing to my heart, that you would empower me to keep on forgiving him, and that you would be my father and that would be enough. Thank you for my dad, thank you for the man that he is and the way you love him, help me to love him like you do Lord.



# PART 6 : Release & Bless

“Cast your cares on the LORD and He will sustain you; He will never let the righteous fall. But you, O God, will bring down the wicked into the pit of corruption; bloodthirsty and deceitful men will not live out half their days. But as for me, I trust in You.” Psalm 55:22-23

(a) Entrust the person and/or the situation to the Lord. Write, in the form of a prayer, who or what you are now entrusting to the Lord.

(b) Bless and pray for the person who has offended or hurt you.

*“Jesus said, ‘Father, forgive them, for they do not know what they are doing...” Luke 23:24*

(c) “Lord, will you please help me to take my thoughts captive to obey You? From this point forward, I choose to renew my mind according to Romans 12:2.”

Express to the Lord in prayer your desire to actively live out the truth God has shown you in your process. Forgiveness is often ongoing - keeping your heart pure is a daily action, and you may find yourself forgiving this person or this situation multiple times over, and that’s okay. Keep watch of your heart and be mindful as things rise up to return to this place of forgiving & releasing. (Read 2 Cor. 10:5)

**\*\* Credit belongs to Fresh Start for all Nations as this content was majority from their Fresh Start program- with some additions, edits, and revisions.**