

BREAKING FREE 6 – Freedom in Forgiveness

BIG IDEA: Unforgiveness is a _____.

If you allow a seed of _____
to take root in the soil of _____
it produces a root of _____
leading to the fruit of _____

Eph 4:26-27 (adapted) → In your _____ do not _____:

Do not let the sun go down before you have _____ and do
not give the _____ a _____.

Why Don't We Forgive?

1. There's a deep _____
2. It's a real struggle for your _____
3. We want to take ownership of _____
4. Refusing to forgive gives us the _____ of _____
5. There are a whole bunch of _____ we tend to believe

WHAT are the LIES we're tricked into believing?

1. Forgiveness must be deserved & they don't, so I won't.
2. I should only forgive them if they're sorry & show they've learnt their lesson.
3. My refusal to forgive is appropriate punishment.
4. Forgiveness hurts them & thus protects me from being hurt by them again
5. The way all this turns out is best under my control; so I'll cling onto it.
6. I will forgive eventually, when I feel like it & then it will be easy
7. Forgiving means I have to let them back into my life with all the access, rights & trust they had before.
8. The pain I feel is not connected to the fact I haven't forgiven them.
9. Forgiveness is for little things & where contrition is shown.
10. Revenge is sweet (Sweet for a moment, poisonous for lifetime)

What's the Biblical Truth?

1. Forgiveness is not about _____, but _____ (Rom 12:19)
2. Forgiveness is not about _____, but _____ (Col 3:13)
3. Forgiveness is not just a _____, but a _____
(Matt 18:21-22)

How do we go from Unforgiveness to Forgiveness?

1. Start with _____ & acknowledge the _____ (Psalm 34:8)
2. Remember the Forgiveness _____ (Eph 4:32)
3. Take it to the Lord in _____ (Psalm 62:8)

Your prayer will include:

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

Heavenly Father,

You see everything – nothing is hidden from You. You know the pain in my heart, the words that were spoken, the actions that wounded me. I bring this hurt before You now. I don't want to carry it anymore.

Lord, I choose to forgive. Not because they deserve it, but because You have forgiven me so freely. I release [Name] into Your hands. I let go of the debt I've been holding. I surrender my desire for revenge, and I trust You to be the Righteous Judge.

Heal me, Father. Where there is bitterness, plant peace. Where there is grief, pour in Your comfort. Where there is brokenness, speak restoration over me.

And now, I bless the one who hurt me. May Your mercy reach them. May Your Spirit soften their heart. Do in their life what only You can do – for Your glory.

Finally, Lord, give me grace. Grace to walk in ongoing forgiveness. Grace to remember what I've released. And grace to live unoffended – free, whole, and rooted in Your love.

In Jesus' Name, Amen.