

LETTING THE GRUDGE GO

THE GRUDGE

FREEDOM IN FORGIVENESS

GET OVER IT

PROVERBS 19:11 ESV *Good sense makes one slow to anger, and it is his glory to overlook an offense.*

HEBREWS 12:1-2 NLT *Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. ⁽²⁾ We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne.*

FILL THE GAP WITH LOVE

PROVERBS 10:11-12 ESV *The mouth of the righteous is a fountain of life, but the mouth of the wicked conceals violence. ⁽²⁾ Hatred stirs up strife, but love covers all offenses.*

JOB 1:6 NLT *One day the members of the heavenly court came to present themselves before the LORD, and the Accuser, Satan, came with them.*

PROVERBS 17:9 ESV *Whoever covers an offense seeks love, but he who repeats a matter separates close friends.*

OUR CALLING IS GREATER

EPHESIANS 4:1-3 NLT *Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God. ⁽²⁾ Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. ⁽³⁾ Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.*

PHILIPPIANS 3:13-14 NLT *No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, ⁽¹⁴⁾ I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.*

ROMANS 8:27-28 NLT *And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will. ⁽²⁸⁾ And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.*

THINK & DISCUSS:

1. What offense, hurt, or bitterness do you need to let go of?
2. How could you adjust your responses to offenses?
3. How serious are you about fulfilling the calling God has placed on your life?

MY STEP: #4: I CHOOSE TO FORGIVE FROM MY HEART

THE GRUDGE

FREEDOM IN FORGIVENESS

6 STEPS OF THE FORGIVENESS PROCESS

Step 1: Thank God for Forgiving me

Ask: "Do I have any unconfessed sin in my life?"

Step 2: What offenses do I need to Forgive

Ask: "Who do I need to forgive and for what?"

Step 3: Repent of my Unforgiveness

Ask: "God please forgive my unforgiveness?"

Step 4: I choose to Forgive from my Heart

Say: "God, I choose to forgive Name from my heart for offense."

Ask: "Lord, is there anything else I need to forgive Name for?"

Say: "I declare Name is no longer in my debt. I transfer their debt to God."

Step 5: Ask God to bless them

Ask: "Lord, please bless Name, and help me find a way to bless them."

Step 6: Commit to Not Remember

When the memory comes:

Say: "I remember forgiving that!"

Say: "Praise God for the freedom forgiveness brought me."

Say: "Bless the person I forgave again!"

Pray: "Please God, pave the way for reconciliation."