FORGIVENESS WORKSHEET
Step 3 – Bitterness VS. Forgiveness

Forgiveness is necessary so we can be free from our pasts and to prevent Satan from taking advantage of us. Forgiveness is a major step in our coming in to real freedom in Christ.

Let's look at some Scriptures about forgiveness.

Matthew 6:12 - *Forgive us our debts, as we also have forgiven our debtors.*
God Assumes we will forgive.

Matthew 6:14-15 – *For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.*
God's forgiveness is conditional on our forgiveness of others.

Ephesians 4:30-31 – *And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.*
Our unforgiveness grieves the Holy Spirit.

> Note: As a dam blocks a river, so unforgiveness blocks the free flowing relationship between Christ and His child. But unforgiveness does not effect salvation. That is secure.

Ephesians 4:32 – *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*
Forgive as Christ does.

Hebrews 10:30-31 – *For we know Him who said, 'It is mine to avenge; I will repay,' and again, 'The Lord will judge His people.' It is a dreadful thing to fall into the hands of the living God.*
Judgment and revenge belong to God alone. We must trust it to Him.

Ephesians 4:26-27 – *In your anger, do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold.*
Sinning in your anger gives Satan a foothold.

Hebrews 12:15 – *See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many.*
Unforgiveness causes a bitter root.

Forgiveness is not forgetting.
It may be the result, but it is never the means of forgiveness. When we bring up the past against others, we are saying we haven't forgiven them.

Forgiveness is a choice, a crisis of the will.
Since God requires us to do it, it IS something we can do You are hooked and tied to the pain and to the other person until you forgive them. They are never off God's hook.

Forgiveness is not about the other person's deserving it. It is about the relationship between you and God.
You forgive for YOUR sake so you can be freed.

Forgiveness is costly.
You pay the price of the evil you forgive. You are going to live with those consequences whether you want to or not; but it IS your choice to do it in either the bitterness and pain of unforgiveness OR in the freedom of forgiveness.

Make the decision to NOT use the information and hurt against your offender in the future. That does not mean you tolerate sin.

Don't wait to forgive until you feel like forgiving – you will never get there.
Feelings take time to heal after the choice to forgive is made and Satan has lost his place to work. Freedom is what you gain – not a feeling.

Note: We are not judging or condemning parents or others we love – we just need to look at how the actions of them and others have hurt you.

Now make a list of every person that hurt you.
Add your own name and the 'thoughts against God', for all the times and ways that you have thought wrongly about Him. We don't need to specifically renounce false expectations and thoughts about God and agree to release any anger we have toward Him.

Now go back to *Steps To Freedom In Christ, page 10* to finish this Step of Forgiveness.
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