



# Soul Care: **Forgiveness**

Forgiveness is *your* responsibility and choice, not God's responsibility. How does that affect your perspective on being *motivated* to forgive?

Has forgiveness been something you have struggled with in the past? Has anyone ever confronted you about unforgiveness?

- Sometimes holding a grudge is an indication of unforgiveness.

Forgiveness is not weakness, nor is it condoning someone's actions. Do you wrestle with defending your feelings against some else's words or deeds?

**The single greatest indicator that we have been infected with divine love is our capacity to love our enemies. It is the mark of the Father on our lives.**

## **In a moment of quiet reflection with the Holy Spirit ask:**

**Who do I need to forgive?**

Ask the Holy Spirit to bring up the names of anyone you need to forgive. As the names come up, write them down. Even if you think a person is someone you have already forgiven, write that name down. Don't filter; write them in your prayer journal. (Turn over for steps to forgiveness.)

**Where has unforgiveness in my life hurt, injured, or stunted others?**

What others do you need to seek reconciliation from?

**Are there any losses that I need to grieve?**

(relationships, dreams, reputation, opportunities, a loved one)

**Is it possible that I am angry with God?**

Similar to pride, unforgiveness towards God holds Him accountable for events we disagree with. Releasing God, through forgiveness, and acknowledging His sovereignty, will bring freedom.

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

Looking at the offence or event in question, how can you actively remember God's grace to you? (You'll have to do this for each individual.) Seeing God's grace to you in the midst of your anger will get your focus off the offender and onto the Forgiver.

Write out a prayer of blessing that you can pray over each person that you need to forgive. Be genuine as if you were writing for someone to pray the same prayer over you and your family. You may also be prompted to write a specific prayer for someone you need to forgive.

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How will you seek to understand and offer an appropriate apology? *"Only when we have come to feel the pain of our offence can we offer an appropriate apology that suits the level of hurt the person is carrying."*

In the final week we will look at deliverance, but is there any bitterness or resentment that is giving the enemy a foothold in your life? Write out what the Holy Spirit shows you here or in your prayer journal:

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How can you promote healing the Body of Christ as we all seek to live in light of the forgiveness of Christ? What is your involvement to avoid 'leaking bitterness'?

Commit yourself to die with no enemies, and resolve to love your enemies, forgive those who sin against you and bless those who curse you.

Share these discoveries in a safe group you meet with to journey through this series.

**It is utterly absurd for us to hold someone in our debt in light of the remarkable forgiveness God has offered us.**

**The Lord bless you and keep you, make His face shine upon you and be gracious to you. The Lord turn His face toward you and give you peace.**

**May His favour be upon you and a thousand generations and your family and your children and their children, and their children.**