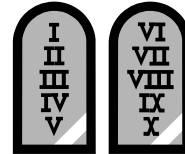




Forgiven Me Forgives Them



The times in which we live are a breeding ground for sins. It is hardly necessary to list them they are so familiar everywhere we look. No one can escape from the fallout of immorality around us. Mankind once again has turned its back on God's commandments. Thank God for the faithful who still live the godly life.



When the sin of someone else invades our life bringing hurt and pain to us, there is an anger that rises up inside us against that person. We feel rejected and violated and keep remembering what was done to us. Although we may have a right to be angry – when we exercise that right it is called unforgiveness.

To hold another person's sins against them is refusing to forgive them. We remember and rehearse the pain in our mind as though that was going to make them apologize or fix it somehow. Inflicted pain and hurt can never be fixed. There's no going back in time. But it can be healed.

The greatest hindrance to a good life and blessings from God is unforgiveness. You are robbing yourself if you can't forgive those who hurt you. Only Jesus, our Savior, can heal the victims of these times we live in. He alone can treat the wounds and the long-term effects of tragedy and consequences that victims are left to deal with for the rest of their lives.

When we try to forgive when we haven't been healed, because we think we should forgive, we say we forgive but the pain and hurt and tormenting memories are still there. That's when it's time to choose to put the Word of God to work for you. 2 Corinthians 10:5 says we're to "*cast down imaginations (memories, images in our thoughts), and every thing that sets itself up against the true knowledge of God, and lead every thought (memory of it) captive to the obedience of Christ.*"

Jesus understands how it hurts to be rejected, abandoned and hated. When He hung naked, beaten and spit upon, on the cross for our forgiveness, He said "*Father, forgive them, they know not what they are doing.*" (Luke 23:34)



Those people who crucified Jesus committed the worst sin anyone could commit. To wound, defile, and kill the holy Son of God. Yet for even that sin there was forgiveness. Nothing that bad could ever be done to us --yet we cannot seem to forgive lesser things. Jesus refused to enter the presence of God with unforgiveness in His heart. We received the right to enter into the presence of God because of the forgiveness Jesus bought for us by shedding His blood. We also must refuse to enter the presence of God with unforgiveness in our hearts. If Jesus who suffered so much could do it – surely we can do it.

(Cont'd)

When you begin to realize that your past does not have to dictate the outcome of your future, then you can release the hurt. To forgive is to let go of the bondage that links you to your past hurts.



Forgiveness is one of the healing oils of the Holy Spirit. He is the kind of physician who knows exactly where those wounds are and who made them. Uncover your wounds in His presence and allow Him to gently heal them.

Jesus gave a commandment that must first be obeyed before healing can happen. He tells a parable about a man that refused to forgive someone who owed him a debt, when the man himself had just been forgiven a much bigger debt. When his master, who had forgiven so much, heard how the forgiven man had mistreated the one who owed him, and thrown him in jail till he paid, he was very angry and turned the man over to the jailers. Then Jesus spoke these words, “*So, likewise, will my heavenly Father do also unto you, if you from your hearts (even your broken hearts) do not forgive your brother his trespasses.*” (Matthew 18:35)



It is the person we have to forgive in order to follow Jesus’ commandment. The person did not think about you or your feelings when the wounding took place, they were seeking what they wanted. They don’t even know what they did to you, and probably wouldn’t believe it if you told them. They had the power to hurt you once, - don’t give them that power again by keeping them in your memory and thinking about them. They’re not hurt by your memories. Only you are.



You decide how much longer you’re going to let what they did keep you from enjoying life and becoming the person God intended you to be.....beautiful, feminine, with a song on your lips and love in your heart.

When you release the person from the consequences that you’re still dealing with in your life now, it allows you to deal with the consequences without seeing the person and the hurt as inseparable. Memories lie dormant in our mind when we refuse to bring them up again. It works! And the consequences are a lot easier to work on when you don’t have to deal with the soul ties and emotions that are tied up with the people who hurt you.

Our tormentors are like a splinter in our soul. The splinter caused the painful wound – but the splinter (the person) has to be removed (pulled out) before the wound can heal.

Unforgiveness can be a prison of the soul. In the Bible, David’s soul was in that prison. He cried out to God saying, “*Attend to my cry, for I am brought very low: deliver me from my persecutors for they are stronger than I. Bring my soul out of prison so that I may praise your name.*” (Psalm 142:6,7)

Take a few moments to think of those you need to forgive, then pray the prayer of forgiveness and ask God to bring your soul out of the prison of unforgiveness so that you can praise Him with a clean heart filled with love, and if you need to forgive yourself – express your forgiveness of yourself also.



Forgiven Me Forgives Them

1. When we exercise our right to be angry, what is it called? _____
2. Who do you rob from if you don't forgive those who hurt you? _____
3. What are we supposed to do with the bad memories we can't forget? (2 Corinthians 10:5)

4. Why did Jesus ask God to forgive the men who killed Him? _____

5. Why are you supposed to forgive those who have hurt you? _____

6. What breaks the bondage that links you to past hurts? _____

7. One of the great healing balms (oil) of the Holy Spirit is _____
8. If I don't forgive others, what will God do? (Matthew 18:35) _____

9. What happens when you release the person in the past who caused your problems
now? _____
10. What did David pray when he wanted help with unforgiveness? (Psalm 142:7)
(The answer to this question will be your memory verse)

MEMORY VERSE: _____

Forgiven Me Forgives Them

1. When we exercise our right to be angry, what is it called? Unforgiveness.
2. Who do you rob from if you don't forgive those who hurt you? Yourself.
3. What are we supposed to do with the bad memories we can't forget? (2 Corinthians 10:5)
Cast them down and lead them captive to the obedience of Christ.
4. Why did Jesus ask God to forgive the men who killed Him? Because they didn't know what they were doing.
5. Why are you supposed to forgive those who have hurt you? Because they didn't know what they were doing.
6. What breaks the bondage that links you to past hurts? To forgive the person or persons who did it.
7. One of the great healing balms (oil) of the Holy Spirit is? Forgiveness.
8. If I don't forgive others, what will God do? (Matthew 18:35)
He won't forgive my sin of unforgiveness.
9. What happens when you release the person in the past who caused your problems now? It's easier to deal with the consequences of their actions.
10. What did David pray when he wanted help with unforgiveness? (Psalm 142:7)
MEMORY VERSE: "Bring my soul out of prison that I may praise your Name."