



# Freedom

*Becoming Fully Alive!*

## *Part One: Becoming Relationally Free*

*by Pastor Steve Peterson*



© 2004 Fresh Start For All Nations

# Freedom - Part 1: Becoming Relationally Free



[www.freshstartforallnations.org](http://www.freshstartforallnations.org)

Produced And Distributed By:

**Body Life Ministries**

**800.860.7125**

[www.bodylifeministries.org](http://www.bodylifeministries.org)

Where indicated (AMP): "Scripture quotations taken from the Amplified Bible,  
Copyright © 1954, 1958, 1962, 1964, 1965, 1987 by The Lockman Foundation  
Used by permission." ([www.Lockman.org](http://www.Lockman.org))

Scripture quotations marked (ASV) are taken from the HOLY BIBLE, AMERICAN STANDARD VERSION - Public Domain

Scripture quotations marked (KJV) are taken from the HOLY BIBLE, KING JAMES VERSION - Public Domain

Where indicated (NASB): "Scripture quotations taken from the New American Standard Bible",  
Copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation  
Used by permission." ([www.Lockman.org](http://www.Lockman.org))

Scripture quotations marked (NIV) are taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION®. NIV®.  
Copyright© 1973, 1978, 1984 by International Bible Society. Used by permission of Zondervan. All rights reserved.

Scripture quotations marked "NKJV™" or (NKJV) are taken from the New King James Version®.  
Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.



# Freedom

*Becoming Fully Alive!*

- |                  |                                     |
|------------------|-------------------------------------|
| <b>Session 1</b> | <b>Free To Be The Real You</b>      |
| <b>Session 2</b> | <b>Free From The Real Problem</b>   |
| <b>Session 3</b> | <b>The Price Of Freedom</b>         |
| <b>Session 4</b> | <b>Free To Forgive</b>              |
| <b>Session 5</b> | <b>Free To Reconcile</b>            |
| <b>Session 6</b> | <b>Free To Confront</b>             |
| <b>Session 7</b> | <b>Free To Love And To Be Loved</b> |



# Freedom

*Becoming Fully Alive!*

PART 1 - SESSION 4

## **FREE TO FORGIVE**

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Ephesians 4:32 (NIV)

# I. FREE TO FORGIVE

## A. WHAT IS THE REAL ISSUE?

Issues + Beliefs + Attitudes + Desires + Decisions = **Relationship**

See: “**The Real Issue**” diagram

Which side of this “equation” do you need to begin to solve first? Answer: **Relationship!**

1. First - Relationship with Jesus Christ
2. Followed by - Relationship with others
3. Followed by - Other side of the equation, i.e., issues, beliefs, etc.

## B. RELATIONSHIP WITH OTHERS

The “**issues of your heart**” with others have a direct bearing on your **relationship** with Jesus Christ.

1. Matthew 6:14-15
2. Mark 11:25-26

What better reason to resolve these “issues of your heart”!

## C. WHAT CAUSES CONFLICT IN RELATIONSHIPS?

1. **Pride**
  - a. Proverbs 13:10
  - b. James 4:1-10
2. **Jealousy** (i.e., others receiving attention, acceptance, or approval)  
I Samuel 18:6-9 (King Saul)
3. **Wrong Desires, Words and Actions**—the lust of the flesh, the lust of the eyes and the pride of life
  - a. James 4:1-10
  - b. I John 2:16
  - c. James 3:13-16
  - d. Colossians 3:5-10

**D. WHAT DOES IT MEAN TO FORGIVE?**

1. First of all, **what is unforgiveness?** - “Pay back what **you owe me.**”  
Matthew 18:21-35
2. What then is **forgiveness?** - “The servant’s master...**canceled the debt and let him go.**”
3. How to forgive:
  - a. Clearly describe to yourself, in writing, the actual offense(s) committed against you and how you believe you have been affected.
  - b. Humble yourself before God. I Peter 5:5-6. Confess your sin of unforgiveness to God, plus any other sins you have committed (in thought, word, or deed) in connection with your response to the offense.
  - c. Recognize the offense as a **debt owed** to you that you are **now choosing to cancel** (Luke 7:41-43), and that Christ, the “Debt Payer” and God the Father, the “Forgiver” live in you by the Holy Spirit to supply the grace to forgive and to take the burden and the hurt of the offense from you.
    - 1) Matthew 18:21-35
    - 2) Psalm 55:22
    - 3) I Peter 5:5-7
    - 4) Philippians 2:13
    - 5) Philippians 4:13
  - d. Commit the “offender” and the situation to the Lord.
    - 1) Romans 12:16-21
    - 2) Proverbs 24:17-18
  - e. Realize that **forgiveness is not a feeling** but a decision. If the temptation to take up an offense ever comes again, go back to the **FACT** of your **decision to forgive.**

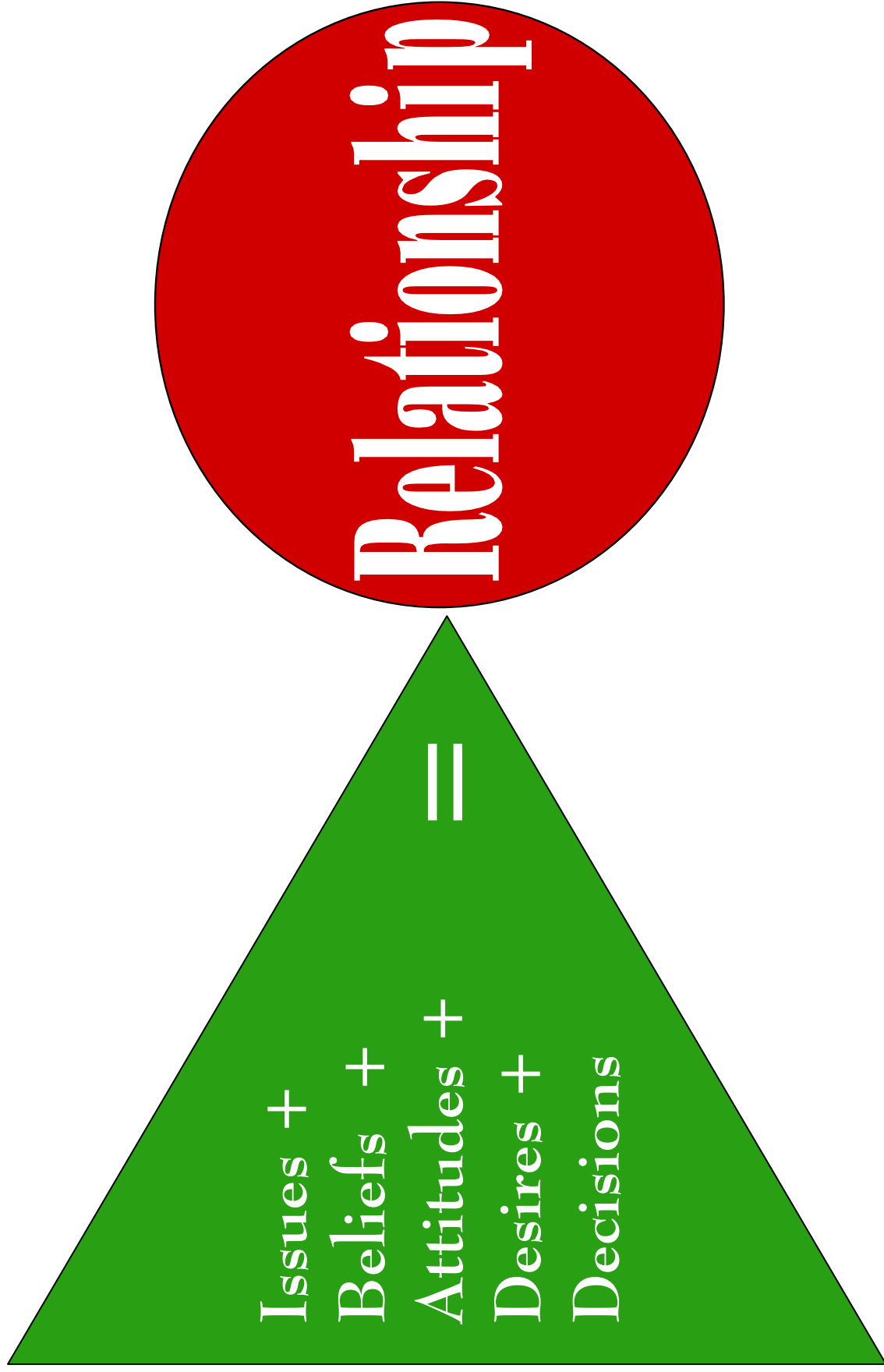
See: “**Processing The Issues Of The Heart**”

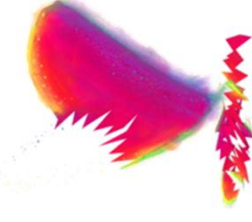
## II. APPLICATION

Write out your responses to the six parts of **“Processing The Issues Of The Heart,”** to help you in forgiving another person, fully and completely.



# The Real Issue





## THE HEART

### PROCESSING

1. Who/What has offended or hurt you? Or...  
Who/What have you lost?

- (a) List specific offenses, hurts, or losses and the person(s) involved.
- (b) Choose one of the above offenses, hurts, or losses to "process" at this time.

*Psalm 26:2*

### THE ISSUES OF

2. How have you been affected?

How has this specific offense, hurt, or loss affected you?

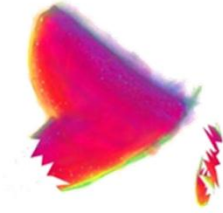
- (a) What have your thoughts been?
- (b) What have your feelings been?

*Psalm 139:23*

3. How have you responded?

- (a) What have you said?
- (b) What have you done?
- (c) What have you decided?

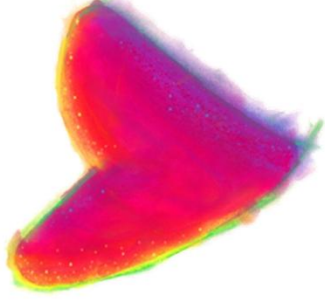
*Psalm 139:24*



## PROCESSING

### 4. Pour out your heart

- (a) Pour out your heart to the Lord. Let HIM know exactly how you feel.
- (b) Express your unmet desires to the Lord.
- (c) Express your current desires to the Lord.  
*Psalm 62:8*  
*Psalm 142:1-2*
- (d) Express thanks to the Lord.  
*1 Thessalonians 5:18*  
*Ephesians 5:20*  
*Romans 8:28-29*  
*Psalm 50:14-15, 23*  
*Psalm 116:17*



## THE HEART

### 6. Release the offense, hurt, or loss to the Lord.

- (a) Entrust the person and/or situation to the Lord.  
*Psalm 55:22-23*  
*Romans 12:16-21*  
*Psalm 19:14*
- (b) Write down who/what you are committing to the Lord.  
*Luke 23:34*  
*Matthew 5:43-45*
- (c) Pray for the person who has offended or hurt you.

## THE ISSUES OF

### 5. Forgive

- (a) Write out your confession of unforgiveness to the Lord along with related wrong attitudes and/or responses:  
**CANCEL THE DEBT!**
- (b) Choose to forgive the person who has hurt or offended you.  
**CANCEL THE DEBT!**  
Write out your prayer to the Lord expressing your decision to forgive the person who has hurt or offended you.  
*Matthew 18:21-35*